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ABSTRACT

Intended chiefly for nutrition instructors in elementary, secondary, and college classes, this bibliography can supplement the reading lists of other nutrition fields, such as food science and diet therapy. Separate sections of the document are devoted to books, documents and journal articles culled from the ERIC data base, films, multimedia programs, organizations, and miscellaneous resources. Entries have been selected on the basis of their connection to nutrition education in general, and their appeal, ease of use, and recent publication date. The areas covered within the field of nutrition range from athletes' diets to weight control. Special attention is given to nutrition education programs that cover physical development in all ages, particularly school-age children. (Author/JD)

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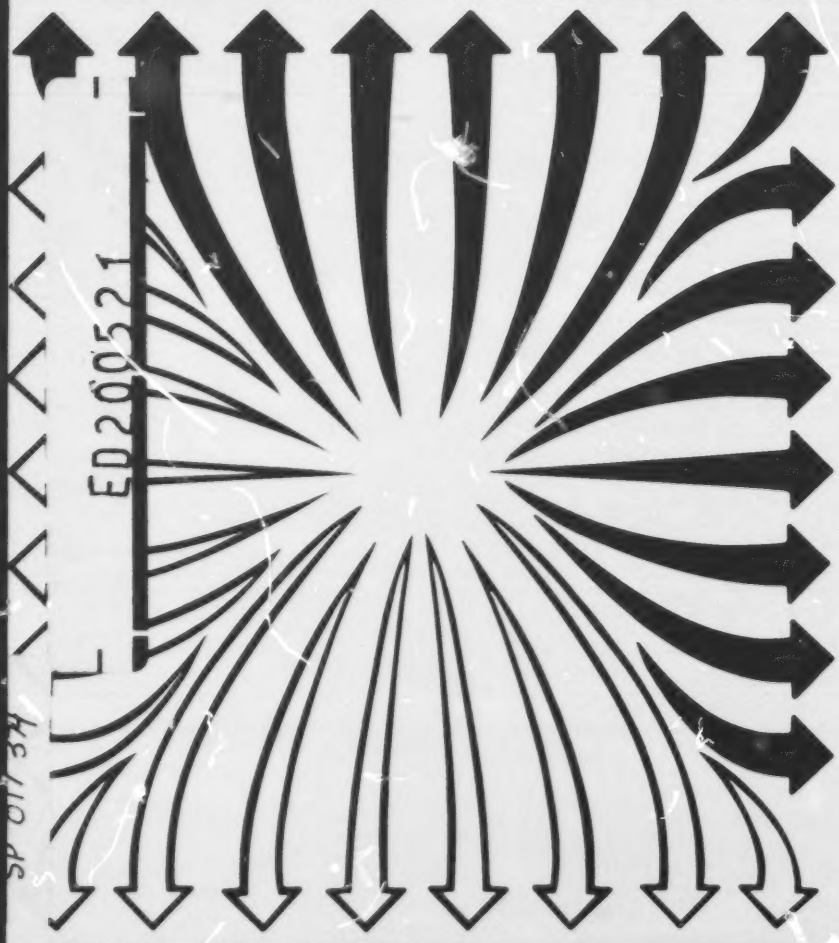
Nutrition Education



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NUTRITION EDUCATION:

SELECTED RESOURCES

by

Harold C. Rhea

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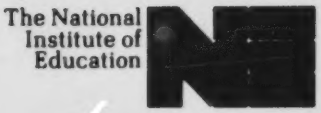
Related information can be found in the Clearinghouse Information Analysis Product, Managing Teacher Stress and Burnout, by Dennis Sparks and Janice Hammond. It is published by the Clearinghouse and the American Alliance for Health, Physical Education, Recreation, and Dance. To order, please contact AAHPERD Publications, P.O. Box 870, Lanham, MD 20801. Order No. 245-26878. Single copies, $4. Ten or more copies, 5 percent discount. Contact AAHPERD for further details.



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FOREWORD

Millions of American children spend Saturday morning watching cartoons. Hour by hour, they are enticed by dancing clowns and cute ghosts to consume plastic cheeseburgers and sugar-laden cereals. Their teenage counterparts, worried sick about all the weight they gained during childhood, attempt to lose it by starving themselves or resorting to fad diets. The classroom teacher is in an excellent position to turn these conditions around. A good nutrition education program can produce healthier students and possibly even improve learning.

Often, "nutrition education" means putting up posters of the four food groups, but nutrition education is more than that. A colossal body of literature available on nutrition covers a wide range of related topics. Weight control, cooking, food science, and even bacteriology can be said to be part of the concept of nutrition. Given this breadth, a teacher may be at a loss to find and evaluate materials that would be appropriate for the classroom.

The ERIC Clearinghouse on Teacher Education hopes that this book will contribute toward solving that problem. When Hal Rhea first approached us with the idea for a nutrition bibliography, he intended it to be a resource book for coaches and athletes. We felt that the book could benefit a wider audience, and asked Dr. Rhea if he would expand his conception of the project. Aided by several libraries and an extensive search of the ERIC system, he has produced a document that covers a broad range of nutritional topics and an equally broad range of constituencies that the materials would best serve. In addition to aiding teachers, it is hoped that the general reader will be able to use this book.

The Educational Resources Information Center (ERIC) is a nationwide network dedicated to finding and disseminating educational research. It is composed of microfiche libraries located all across the country, and sixteen clearinghouses that examine specific facets of education. The chapters on ERIC documents and journal articles contain more complete information.

The Clearinghouse on Teacher Education welcomes reactions and encourages readers to submit documents for possible inclusion into the ERIC system. The address is One Dupont Circle, Suite 610, Washington, DC 20036, and the telephone number is 202-293-2450 (ask for the User Services Specialist).

STEPHEN A. SEITZ
Publications Assistant
ERIC Clearinghouse on
Teacher Education

PREFACE

When originally conceived, this annotated bibliography was intended to be a resource for coaches and physical educators, and the citations were proposed to cover only nutrition as related to athletics. However, because of requests for information, the Clearinghouse staff suggested that the topic be expanded into a broad, general bibliography on nutrition education.

Intended chiefly for nutrition instructors in elementary, secondary, and college classes, the bibliography can supplement the reading lists of other nutrition fields such as food science and diet therapy. In addition, many of the citations may be of interest to parents and general readers. To assist the reader in selecting useful citations, the annotations identify the audience--everyone from preschool to adult, including advanced and professional--most likely to derive benefits from the resource.

This bibliography is an attempt to bring together and classify some of the plethora of literature and other resources about nutrition. Separate sections of the document are devoted to books, both documents and journal articles culled from ERIC data bases, films, multimedia programs, organizations, and miscellaneous resources. Materials are noted and available as indicated in the different sections. Journal articles are available either from University Microfilm International (UMI) or from reprint services associated with the journals themselves. Other materials are available as indicated in the citations. The citations in each section are listed alphabetically by title, and most citations are annotated to increase clarity and to direct the reader's use of the resource. Because prices are subject to change, they have been omitted. However, to make ordering easier, publishers' addresses are given.

Little attempt has been made to restrict the scope of the topic or to divide it into its many subtopics. Entries have been selected on the basis of their connection to nutrition education in general, their appeal, ease of use, and recent publication date. Because of the enormous amount of nutrition information available, most items were selected from 1975 to 1981. Actually, the number of possible nutrition publications available for examination is almost inexhaustible until one delimits the search by year of publication. Information for another monograph could be collected especially if one concentrated on journal articles and companies and organizations that supply free or inexpensive pamphlets and materials.

The areas covered within the field of nutrition range from athletes' diets to weight control. Citations include many available textbooks in basic nutrition needed by the dietician, nurse, or health professional. These books are based on scientific evidence, which is not always the case when reading in the areas of weight loss and fad diets. Weight control problems are probably the most popular subject in nutrition. Thousands of magazine articles, paperbacks and other sources reveal many success stories with the war on weight. The dieting problem needs attention, since it is a 10 billion dollar industry, and since it can be dangerous. Many reported cases of malnutrition and death have occurred from liquid, macrobiotic, and other fad diets. Diet sources listed include athletic, exercising and physical fitness, alcohol, sugar, salt, fiber, and cholesterol.

Cooking and cookbooks were not covered extensively because of the large numbers available and their relative unimportance to this monograph. However,

special attention was given to nutrition education programs that cover growth in all ages, and particularly school-age children. More time, money, and research need to be spent on improved school breakfast and lunch programs, the teaching of nutrition to all age groups, and nutrition as a preventive measure for illness and disease.

As more and more people become aware of nutrition-related personal and societal problems, teachers in general will have much greater needs for nutrition education information. Nutrition teachers, in particular, will need resources that provide more than basic facts. Also, teachers will need to develop instructional skills and have access to plentiful resources to be effective in getting their messages across. This up-to-date, bibliographic collection should help fill such needs. By stimulating readers to investigate the materials and sources relevant to them, this bibliography should contribute to the improvement of nutrition instruction.

The area libraries used in preparing this bibliography were the newly opened Indiana Northwest facility, a very good Lake County Public Library, the outstanding University of Chicago library, and the Food Science Library at Purdue University. The variety and availability of these facilities allowed for breadth and depth in the examination of resources in nutrition education.

Finally, I would like to express appreciation to John P. Sikula, chairman of the Division of Education, who offered continuous support for this effort, and to Audrey Lundy, my secretary, for her conscientious efforts with the mechanics of producing the final product which readers find before them.

HAROLD C. RHEA
Indiana University Northwest

BOOKS

Alcohol and the Diet. Daphne Roe, 1979. (AVI Publishing Co., 250 Post Road East, Westport, CT 06880) PROFESSIONAL. -- This book tells how alcoholic beverages affect nutrition, with special emphasis on alcohol-nutrient relationships. Dr. Roe reviews the effects of alcohol and alcohol abuse on health and proposes solutions to related nutritional problems.

The American Diabetes Association/American Dietetic Association Family Cookbook. American Diabetes Association/American Dietetic Association, eds., 1980. (Prentice-Hall, Inc., Englewood Cliffs, NJ 07632) GENERAL. -- This is the first and only cookbook and nutrition guide jointly prepared, tested, and endorsed by the American Diabetes Association and the American Dietetic Association. It is perfect for anyone who must control carbohydrates and calories. This total nutrition guide for the entire family provides daily menus, discredits the "dieting is dull" myth, and erases the confusion that can surround meal planning for the family with a diabetic member.

The Barbara Kraus Guide to Fiber in Foods. Barbara Kraus, 1975. (The New American Library, Inc., 1301 Ave. of the Americas, New York, NY 10019) ADULT. -- The guide lists thousands of basic and brand-named foods from A to Z, with the fiber content and calories for each. For example, one ounce of bran contains 1.8 grams of fiber and 67 calories.

Basic Nutrition and Diet Therapy. Corinne Robinson, 1980. (Macmillan Publishing Co., Inc., 866 Third Ave., New York, NY 10022) PROFESSIONAL. -- This book provides a solid general introduction to nutrition and explains how diet can be modified for specific diseases and health conditions.

Basics of Quantity Food Production. Jo Marie Powers, 1979. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) ADULT. -- This book discusses the problems of cooking and managing the food service industry, from a supervisory position. Food production service, quantity kitchen operations, and the special handling of food are covered in detail.

Biochemisty of Nutrition. A. Neuberger and T.H. Jukes, eds., 1978. (University Park Press, 233 E. Redwood St., Baltimore, MD 21202) PROFESSIONAL. -- The thirteen critiques in this volume provide recent reference material on key aspects of nutritional biochemistry. The authors are leading international scientists whose contributions represent much-needed syntheses of current research for advanced students and established investigators. This book will be most useful to science teachers.

Bogert's Nutrition and Physical Fitness. George Briggs and Doris Calloway, 1979. (W.B. Saunders Co., W. Washington Sq., Philadelphia, PA 19105) COLLEGE AND ADULT. -- This text provides the scientific principles underlying good nutrition, and emphasizes the application of nutritional knowledge to the development and maintenance of good health.

The Book of Whole Grains. Marlene Baumberger, 1976. (St. Martin's Press, 175 Fifth Ave., New York, NY 10010) ADULT. -- An explanation of how cereals and whole grains can provide nutritious and economical ways to change family diets.

A Change for Heart: Your Family and the Food You Eat. James Ferguson and Barr Taylor, 1978. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- This clinical program will help change habits and life styles of people who consume too much cholesterol, salt, and sugar.

The Changing American Diet. Letitia Brewster and Michael Jacobson, 1978. (Center for Science in the Public Interest, 1755 S St., NW, Washington, DC 20009) ADULT. -- Based on statistics compiled by the U.S. Department of Agriculture, this booklet analyzes Americans' changing food habits.

Clinical Nutrition. Marion Bennion, 1979. (Harper and Row Publishers, Inc., 10 East 53rd St., New York, NY 10022) COLLEGE. -- Although this textbook was written with the dietetic student in mind, the material should be of interest to medical and allied health students as well.

Clinical Nutrition for the Health Scientist. Daphne Roe, 1979. (CRC Press, Inc., 2000 N.W. 24th St., Boca Raton, FL 33431) PROFESSIONAL. --A manual written for health professionals who are not nutritionists, in order to acquaint them with principles of nutrition and its application to health care. Treatment in health care systems is emphasized.

Community Nutrition. Jessie Obert, 1978. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) PROFESSIONAL. -- A comprehensive source book, discussing structure, agencies, and programs. It identifies tools and skills--with explanations of their use within the broad techniques by which programs are conducted--and discusses activities used by various programs. Explains how to plan programs for specific groups, such as persons with coronary heart disease, overweight persons, pregnant women, and senior citizens.

The Complete Vegetable Book. Lena Sturges and Fred Bonnie, eds., 1976. (Oxmoor House, Inc., P.O. Box 2463, Birmingham, AL 35227) ADULT. -- A book about gardening, canning, preserving, and freezing vegetables.

The Complete Diet Guide: For Runners and Other Athletes. Editors of Runner's World, 1978. (World Publications, Inc., 1400 Stierlin Rd., Mountain View, CA 94042) ADULT. -- A compendium of information concerning runners' diets, fluid intake, carbohydrate loading, use of vitamins, and many other facts contributed by doctors, coaches, trainers, and athletes.

The Complete Food Handbook. Rodger Doyle and James Redding, 1976. (Grove Press, Inc., 196 W. Houston St., New York, NY 10014) ADULT. -- Well-organized and readable, the handbook stresses a healthy skepticism toward the food industry, medical authorities, and governmental agencies. Because of the enormous size of the food industry, the authors believe the consumer should know of the possible dangers of contaminants, advertising claims, and health faddist claims.

The Complete Junk Food Book. Michael Lasky, 1977. (McGraw-Hill Book Co., Princeton Rd., Hightstown, NJ 08520) ADULT. -- The author reveals how and why people become hooked on junk food. His book is an A-to-Z compendium of major popular junk foods available in the United States and tells how to differentiate those that are nutritious from those that are not.

Contemporary Nutrition Controversies. Theodore Labuza and Elizabeth Sloan, eds., 1979. (West Publishing Co., 50 W. Kellogg Blvd., St. Paul, MN 55165) GENERAL. -- This book assembles scientific reviews of recent literature for the serious student of nutrition as well as for the layman wishing to make intelligent decisions about diet and health.

The Cook's Companion. Doris Townsend, 1979. (Rutledge Books, Inc., 29 W. 43rd St., New York, NY 10036) ADULT. -- This is not a recipe book, but a collection of the other information you need to know about cooking.

Critical Food Issues of the Eighties. Marvlin Chou and David Harmon, Jr., eds., 1979. (Pergamon Press, Inc., Maxwell House, Fairview Park, Elmsford, NY 10523) PROFESSIONAL. -- Leaders in the agricultural and food industries, government regulatory agencies, and the academic community appraise the scientific and technological developments that have aided modern agriculture, regulatory problems, the benefits and risks of using chemicals in agriculture and food production, and alternative policies that could be bellwethers for U.S. food and nutrition policy during the next decade.

Dictionary of Nutrition. Richard Ashley and Heidi Duggal, 1975. (St. Martin's Press, 175 Fifth Ave., New York, NY 10010) ADULT. -- The dictionary is a one-volume source for general nutritional information needed by the average person.

Diet for Living. Jean Mayer, 1975. (David McKay Co., Inc., 750 Third Ave., New York, NY 10017) ADULT. -- Numerous consumer questions about basic nutrition, weight problems, "health foods," and the buying and preparation of food are answered.

Diet for a Small Planet. Frances Lappe, 1975. (Ballantine Books, Inc., 201 E. 50th St., New York, NY 10022) COLLEGE AND ADULT. -- Alternatives to eating animal protein are discussed, and useful information is given on complementing plant protein to assure a balanced essential amino acid intake. A good reference source for vegetarians.

Dr. Creff's 1-2-3 Sports Diet. Albert Creff and Robert Wernick, 1979. (Coward, McCann and Geoghegan, Inc., 200 Madison Ave., New York, NY 10016) ADULT. -- Drawing on his 8-year study of 15,000 athletes, and his intensive work with Olympic champions, Dr. Creff has developed a diet that works naturally toward trim appearance and winning athletic performance. Designed for active people at any level of competence, it discloses the best combination of foods that contribute to optimum athletic performance. This book explains the nutritional bases of physical demands upon the body and includes a complete listing of common foods, rated according to their value for physical performance.

Eating in America. Waverly Root and Richard de Rochemont, 1976. (William Morrow and Co., Inc., 105 Madison Ave., New York, NY 10016) ADULT. -- An interesting history of the development of food and eating in America, the story starts with the earliest written reference to the foods in America and follows the growth of an industry to present day systems of food processing and transportation.

Fast Food Gets an 'A' in School Lunch. Len Fredrick, 1977. (CBI Publishing Co., Inc., 51 Sleeper St., Boston, MA 02210) ADULT. -- The author offers his successful and much publicized school lunch program ideas. This innovative approach can triple participation, put a lunch program in the black, and entice millions of lunch dropouts to return to the cafeteria. Complete instructions, kitchen layouts, equipment recommendations, job descriptions, recipes, accounting forms, and many other considerations are fully discussed.

The Fat Counter Guide. Ronald Deutsch, 1978. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- This book outlines the possible danger of too much fat in the diet, and includes an extensive list of the fat content of common foods consumed by Americans. The tables include the percentage of the U.S. Recommended Daily Allowance of protein, the number of calories from both carbohydrates and fats, and the total calories contained in the particular food.

The Feeding Web: Issues in Nutritional Ecology. Joan Gussow, 1978. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- This volume details the effects of the American supermarket on the world food problem and presents some sobering ramifications and projections about food in the year 2000.

The Feingold Cookbook for Hyperactive Children. Ben Feingold and Helene Feingold, 1979. (Random House, Inc., 201 E. 50th St., New York, NY 10022) ADULT. -- The authors of the controversial book, Why Your Child is Hyperactive, have written a cookbook for use in controlling a hyperactive child. The Feingolds believe that hyperactivity, along with many other developmental problems of children, are caused by improper diet. Many of these problems could be eliminated by regulating the foods a child eats.

Fiber in Human Nutrition. Gene Spiller and Ronald Amen, eds., 1976. (Plenum Press, 227 W. 17th St., New York, NY 10011) ADULT. -- A guide to ways that diet can affect an athlete's performance and overall fitness, especially highlighting the relationship with fiber foods.

Food and People. Miriam Lowenberg, et al., 1979. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) PROFESSIONAL. -- A thoroughly rewritten, updated examination of the importance of food and human nutrition to individuals, communities, and nations, this work discusses problems in nutrition, such as chronic hunger and malnutrition; certain solutions, including national, international, and voluntary agencies; the background to food problems, such as local customs, the influence of culture and religion on food habits and consumer affairs; new foods and food programs to alleviate hunger.

Food for Life. Fred Deatherage, 1975. (Plenum Press, 227 W. 17th St., New York, NY 10011) ADULT. -- A general book about physical, biological, and social science concepts that pertain to the problems of providing food for people.

Food for Naught: The Decline in Nutrition. Ross Hall, 1974. (Harper and Row Publishers, Medical Department, Hagerstown, MD 21740) ADULT. -- This book describes a study of the system for nourishing a nation and the failures of science and technology to monitor that system.

Food for Sport. Nathan Smith, 1976. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) GENERAL. -- This simple, easy-to-read guide to nutrition in athletic performance is written for athletes of any age, parents of athletes, coaches, and trainers.

Food Fundamentals. Margaret McWilliams, 1979. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) COLLEGE. -- An easily understood introduction to the basics of food supply, selection, purchasing, and preparation in modern America. This is a reorganized edition, containing new material on such recent food products as textured vegetable proteins and egg substitutes. New chapters on fats, oils, and microwave cooking have been added. Special features include an optional section that explains the organic chemistry of food and numerous illustrations and tables.

Food Microscopy. J.G. Vaughn, ed., 1979. (Academic Press, 111 Fifth Ave., New York, NY 10003) ADVANCED. -- A comprehensive account of food microscopy, written by several leading food scientists. Food microscopy is the study and examination of foods under the microscope. It is used to find and eliminate food deterioration, spoilage, and diseases which have been associated with the food processing industry.

Food Nutrition and Diet Therapy. Marie Kraus and Kathleen Mahan, 1979. (W.B. Saunders Co., W. Washington Sq., Philadelphia, PA 19105) PROFESSIONAL. -- This comprehensive nursing text includes assessing nutritional status; how drugs and nutrients interact to affect a patient's nutritional status; diet, cancer, and the diseases of infancy and childhood.

Food, Nutrition, and You. Fergus Clydesdale and Frederick Francis, 1977. (Prentice-Hall, Inc., Englewood Cliffs, NJ 07632) COLLEGE AND ADULT. -- Designed to aid the nonscience major in examining nutrition, the realities of food supply, and the personal benefits of a varied, nutritious diet. Treats the critical issue of world population and the need to develop a technology to feed this population.

Food: Where Nutrition, Politics, and Culture Meet. Deborah Katz and Mary Goodwin, 1976. (Center for Science in the Public Interest, 1755 S St., NW, Washington, DC 20009) SECONDARY TEACHERS. -- Although not a traditional text on nutrition, this work contains many activities for classroom use. Food is designed for use with high school and college students who might want to explore consumerism, food advertising,

For Teenagers Only: Change Your Habits to Change Your Shape. Joanne Ikeda, 1978. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) GRADES 7-12. -- This book helps young people become aware of their eating patterns and food habits, and shows them how to stick to a diet when faced with junk food, parties, and friends.

Foraging for Dinner: Collecting and Cooking Wild Foods. Helen Russell, 1975. (Thomas Nelson, Inc., Publishers, P.O. Box 946, 407 Seventh Ave., S., Nashville, TN 37203) ADULT. -- An absorbing account of eating in the wild.

Fresh Food. Sylvia Rosenthal, ed., 1978. (Tree Communications, Inc., 2 Park Ave., New York, NY 10016) ADULT. -- Intended for those people who are trying to get more fresh foods into their diet, the book is a complete course in judging, buying, storing, and cooking fresh food. It also has eight quick-reference sections of questions and answers to assist the puzzled shopper.

Fundamentals of Food Freezing. Norman Desrosier and Donald Tressler, eds., 1977. (The AVI Publishing Co., Inc., P.O. Box 831, Westport, CT 06880) COLLEGE AND ADULT. -- A textbook on the art and knowledge in the field of food freezing. The chapters explain the freezing process for vegetables, fruits, meats, poultry, fish, shellfish, dairy products, egg products, and precooked foods.

Future Food: Alternate Protein for the Year 2000. Barbara Ford, 1978. (William Morrow and Co., Inc., 105 Madison Ave., New York, NY 10016) ADULT. -- For the person who wonders what our diet will be like in the year 2000, this is an important book. Some possible alternatives include: one-celled plants such as algae, non-dairy cheese and milk from high-protein grains, and possibly certain insects and reptiles.

The Great American Nutrition Hassle. Lieselotte Hoffman, ed., 1978. (Mayfield Publishing Co., 285 Hamilton Ave., Palo Alto, CA 94301) ADULT. -- A reader of forty nutrition articles on topics from vitamin A to "Zen" microbiotics, from the nutrition of the infant to that of the elderly, from calories, cholesterol, and crazes to malnutrition, megavitamins, and myths. The articles are written by nutritionists, biochemists, physicians, psychologists, food technologists, consumer groups, lawyers, and biomedical writers.

The Great Nutrition Robbery. Beatrice Hunter, 1978. (Charles Scribner's Sons, 597 Fifth Ave., New York, NY 10017) ADULT. -- This book tells what is happening to our food and how we can avoid becoming the victims of a misguided technology.

A Guide to the Vitamins. John Marks, 1975. (University Park Press, 233 E. Redwood St., Baltimore, MD 21202) COLLEGE AND ADULT. -- This volume critically reviews the present knowledge on the true value and importance of vitamins. It provides a scientific basis for the effects of vitamins by considering their biochemical and physiological functions within the body in relation to the disorders caused by their absence.

Human Nutrition. Jean Mayer, 1972. (Charles C. Thomas, Publisher, 301 E. Lawrence Ave., Springfield, IL 62703) ADULT. -- A classic book in nutrition, written by probably the most famous nutritionist in the world. The volume is a collected series of eighty-two nontechnical essays written by Dr. Mayer since 1959.

Human Nutrition and Dietetics. Sir Stanley Davidson, and others, 1975. (Churchill Livingstone, Longman, Inc., 19 W. 44th St., New York, NY 10036) ADVANCED. -- Designed primarily for student dieticians, this textbook tries to cover everything from basic nutrition to world food problems.

Human Nutrition, Formerly the Heinz Handbook of Nutrition. Benjamin Burton, 1976. (McGraw-Hill Book Co., 1221 Ave. of the Americas, New York, NY 10020) COLLEGE AND ADULT. -- An up-to-date consensus of contemporary scientific and clinical thought on nutrition and diet in health and disease. The author presents information on all areas of nutrition, plus such recent topics as diet and heart disease, diet and kidney disease, vitamin E, and nutrition and alcohol.

Human Nutrition: Readings from Scientific American. Johan Hoff and Jules Janick, eds., 1978. (W.H. Freeman and Co., 660 Market St., San Francisco, CA 94104) ADVANCED. -- A collection of readings from a number of scientific disciplines, these articles describe the staples of various societies around the world, nutrients required by humans, inadequate and adequate nutrition, and the swiftly rising world population.

I Think I Can Learn to Cook or I Can Cook to Think and Learn. Jean Triebel and Mary Manning, 1976. (Academic Therapy Publications, 1539 Fourth St., San Rafael, CA 94901) K-6. -- A first book for teaching children how to cook. Each recipe uses symbols and pictures to ensure foolproof learning. Excellent cookbook for special education.

Introduction to Nutrition. Henrietta Fleck, 1976. (Macmillan Publishing Co., 866 Third Ave., New York, NY 10022) COLLEGE. -- An introductory college text that seeks to answer many questions and that gives a whole picture in nutrition.

Introductory Foods. Marion Bennion and Osee Hughes, 1975. (Macmillan Publishing Co., Inc., 866 Third Ave., New York, NY 10022) COLLEGE AND ADULT. -- A text for introductory food science, this book discusses concerns about foods, rather than basic nutrition.

Introductory Nutrition. Helen Guthrie, 1975. (C.V. Mosby Co., 11830 Westline Industrial Dr., St. Louis, MO 63141) COLLEGE AND ADULT. -- This textbook will help students become discerning consumers of nutrition information and enable them to discriminate scientific truth from pseudoscientific "facts." Having a scientific background in nutrition helps one not be fooled by all the myths and fallacies associated with nutrition.

Let's Talk About Food. Philip White and Nancy Selvey, eds., 1974. (American Medical Association, Publishing Sciences Group, Inc., Acton, MA 02100) ADULT. -- An entire book devoted to answering questions about food and nutrition. The basic concepts of diets, weight control, nutrients, food composition, food myths, and the preparation, storage, and safety measures for food are related in nontechnical language.

Managing Your Personal Food Supply. Ray Wolf, ed., 1977. (Rodale Press, Inc., Emmaus, PA 18049) ADULT. -- These guidelines tell how to improve diet through growing, buying, and preserving one's own food.

Metric Milkshakes and Witches' Cakes: Cooking Centers in Primary Classrooms. Georgia Johnson and Gail Povey, 1976. (Citation Press, General Book Publishing Division, 50 W. 44th St., New York, NY 10036) K-6. -- Designed to be fun, this book uses cooking to teach the metric system. The recipe book may be used beyond sixth grade, as well.

Modern Nutrition in Health and Disease: Dietotherapy, 6th edition. Robert Goodhart and Maurice Shils, eds., 1980. (Lea and Febiger, 600 S. Washington Sq., Philadelphia, PA 19106) PROFESSIONAL. -- In the field of clinical nutrition, this book has long enjoyed a well-deserved reputation for being the most comprehensive and authoritative text available on the subject. It is a ready reference for anyone needing current information on any particular aspect of nutrition.

The New Larousse Gastronomique. Prosper Montagne, 1977. (Crown Publishers, Inc., 419 Park Ave. S., New York, NY 10016) ADULT. -- A history of some thousand pages chronicling improvements in culinary art from prehistoric times to the present. Compiled in dictionary form, it sums up achievements in the science of alimentation.

The New Nuts Among the Berries. Ronald Deutsch, 1977. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- The author tells the story of the food faddists in America who have exploited health and nutrition.

Normal and Therapeutic Nutrition. Corinne Robinson and Marilyn Lawler, 1975. (Macmillan Publishing Co., Inc., 866 Third Ave., New York, NY 10022) PROFESSIONAL. -- Intended especially for students of nursing and dietetics, this text covers the science of nutrition and shows how to use its principles in dietary treatment, counseling, and community services.

Nourishing Your Unborn Child. Phyllis Williams, 1974. (Nash Publishing Corp., 9255 Sunset Blvd., Los Angeles, CA 90069) ADULT. -- The author tells not only how alcohol, tobacco, and food additives affect an unborn child, but also what to do about environmental hazards, medications, illnesses, and infectious diseases.

Nutrients in Processed Foods: Fats-Carbohydrates. American Medical Association, 1975. (American Medical Association, Publishing Sciences Group, Inc., Acton, MA 02100) PROFESSIONAL. -- This book is a compilation of papers, discussions, and recommendations from a series of symposia on "Nutrients and Processed Foods." Two other books concern vitamins, minerals, and proteins.

Nutriscore: The Rating Game. Ruth Fremes and Zak Sabry, 1976. (Methuen Publications, 2330 Midland Ave., Agincourt, Ontario, Canada) ADULT. -- The authors have a scorecard for rating foods and teaching how to eat wisely, stay healthy, and control weight.

Nutrition. Martin Baren, et al., 1980. (Prentice-Hall, Inc., Englewood Cliffs, NJ 07632) COLLEGE AND ADULT. -- Here is a guide to being well-nourished in the midst of fast foods containing little nutritional value. The focus is on food choices that are lower in calories as well as being of better value. Nutrition discusses factors that affect nutrient needs, eating needs, eating habits, and the nutritional value of everyday foods. The authors tell readers all about controversial issues in diet and disease, the difficulties of losing weight, and infant nutrition in an easy-to-read style.

Nutrition: An Integrated Approach. Ruth Pike and Myrtle Brown, 1975. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) PROFESSIONAL. -- An advanced book on the physiological aspects of nutrition and the relationship of nutrition to the human body.

Nutrition and Athletic Performance. Ellington Darden, 1976. (The Athletic Press, P.O. Box 2314D, Pasadena, CA 91105) ADULT. -- An excellent reference for athletes, coaches, trainers, and physical educators, this book deals with common dietary problems of athletes. Using a question and answer format, it examines nutritional status, classes of nutrients, "health foods," dietary supplements, drugs, and the female athlete.

Nutrition and Food Choices. Kristen McNutt and David McNutt, 1978. (Science Research Associates, Inc., 1540 Page Mill Rd., Palo Alto, CA 94304) ADULT. -- The objectives of this book are to present current knowledge of the science of nutrition and to show how this science can be applied to guide an individual toward making appropriate food choices.

Nutrition and Our Overpopulated Planet. Sohan Mancoha, 1975. (Charles C. Thomas, Publisher, 301 E. Lawrence Ave., Springfield, IL 62703) ADULT. -- Looks first at the problems of feeding the masses of people throughout the world, and then analyzes the problems of feeding specific age groups, such as infants, adolescents, adults, and the elderly.

Nutrition and Preventive Health Care. Mary Alice Caliendo, 1980. (The Macmillan Co., 866 Third Ave., New York, NY 10022) COLLEGE. -- This is a complete account of the nutritional status of the American population, health problems caused by overnutrition, nutrition education and health promotion, and nutrition programs and policies.

Nutrition and the Athlete. Joseph Morella and Richard Turchetti, 1976. (Mason/Charter Publishers, Inc., New York, NY 10036) ADULT. -- The book is basic and easy to read; most of the content is from other sources.

Nutrition and Well-Being. Michael Walczak and Benjamin Ehrich, 1976. (Mojave Books, 7040 Darby Ave., Reseda, CA 91335) ADULT. -- A medical doctor tells his experiences, which are drawn from current scientific knowledge, in the fields of medicine and biochemistry.

Nutrition, Behavior, and Change. Helen Gifft, Marjorie Washbon, and Gail Harrison, 1972. (Prentice-Hall, Inc., Englewood Cliffs, NJ 07632) PROFESSIONAL. -- Research, theory, and empirical knowledge accumulated from a variety of fields are structured into a framework that provides a broad view of people's food habits and the effects on their welfare.

The Nutrition Factor. Alan Berg, 1973. (The Brookings Institution, 1775 Massachusetts Ave., NW, Washington, DC 20036) ADULT. -- A different kind of book that discusses issues and problems of nutrition, malnutrition, and feeding children through public programs.

Nutrition, Food, and Weight Control, Standard Edition. Brent Hafen, 1980. (Allyn and Bacon, Inc., Longwood Division, Rockleigh, NJ 07647) COLLEGE AND ADULT. -- This text examines virtually every aspect of contemporary nutrition and provides students with a sound foundation for making intelligent decisions. The three sections discuss principles of nutrition, contemporary issues, and diets.

Nutrition for the Growing Years. Margaret McWilliams, 1975. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) COLLEGE. -- Basic nutrition, physical and mental development from conception through maturity is the main theme. Other topics include the special nutritional requirements of pregnancy, lactation, and early childhood.

Nutrition in Action. Ethel Martin and Ardath Coolidge, 1978. (Holt, Rinehart and Winston, Inc., 383 Madison Ave., New York, NY 10017) COLLEGE AND ADULT. -- A traditional, basic book about nutrition principles, it prepares students to make intelligent decisions about nutrition programs.

Nutrition in Clinical Care. Rosanne Howard and Nancie Herbold, eds., 1978. (McGraw-Hill Inc., Princeton Rd., Hightstown, NJ 08520) PROFESSIONAL. -- This book provides the student with information from which a nutrition-centered health care practice can be established.

Nutrition in Nursing. Lorraine Boykins, 1975. (Medical Examination Publishing Co., Inc., 65-36 Fresh Meadow Lane, Flushing, NY 11365) ADULT. -- Nursing students should find this book to be a refined, simplified, foundation text.

Nutrition in Perspective. Patricia Kreutler, 1979. (Prentice Hall, Inc., Englewood Cliffs, NJ 07632) COLLEGE AND ADULT. -- More than a mere issues book, Nutrition in Perspective presents the scientifc aspects of nutrition in a comprehensive way, enabling readers to relate their diet to constantly changing life styles. Saccharin, heart disease, teenage pregnancy, and water flouridation are some of the topics discussed.

Nutrition in the Community: The Art of Delivering Services. Reva Frankle and Anita Owen, 1978. (C.V. Mosby Co., 11830 Westline Industrial Dr., St. Louis, MO 63141) ADULT. -- This book is more concerned with administering a nutrition program than with diet and nutrition. It analyzes community nutrition in terms of diagnosis, health needs, priorities and planning, execution, and evaluation.

Nutrition in the Life Span. Virginia Beal, 1980. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) COLLEGE AND ADULT. -- This work traces the importance of nutrition throughout life. After initial chapters on growth, body composition, and nutritional assessment, the characteristics and nutrient needs for each of seven age periods are defined. Attention is given to social, psychological, and economic factors that affect food intake, nutrient requirements, and nutrient use. An extensive bibliography accompanies each chapter.

Nutrition, Physical Fitness, and Health. Jana Parizkova, ed., 1978. (University Park Press, 233 E. Redwood St., Baltimore, MD 21202) COLLEGE AND ADULT. -- An important collection of articles by leading specialists whose work and commentary are seldom combined in a single English-language text. Their essays concentrate on sports nutrition and include a large amount of information about the general relationship between nutrition and physical fitness for nonathletes.

Nutrition: Principles and Application in Health Promotion. Carol Suitor and Merrily Hunter, 1980. (J.B. Lippincott Co., E. Washington Sq., Philadelphia, PA 19105) COLLEGE AND ADULT. -- Students and health professionals receive a practical broad base of knowledge from this text, which guides the reader in using facts and principles to provide high quality nutrition care.

Nutrition: Principles and Clinical Practices. Sara Hunt, James Groff, and John Holbrook, 1980. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) PROFESSIONAL. -- By looking at nutrition as a system, and integrating biochemistry, pharmacology, anatomy, and physiology, this text provides the basic principles of normal and therapeutic nutrition needed by the emerging health professional. The main concern is the health team's care of the patient, emphasizing the role of the "caring" nutrition professional in delivering this care. The work is organized so that it serves either as a desk reference for the practitioner or as a student text. Cross referencing among chapters allows for quick review of the material.

Nutrition, Weight Control, and Exercise. Frank Katch and William McArdle, 1977. (Houghton Mifflin Co., 110 Tremont St., Boston, MA 02107) COLLEGE AND ADULT. -- On the basis of scientific research, this book presents relevant information about nutrition, weight control, and exercise. The authors believe that attempting physiological conditioning or weight control requires a background in energy metabolism that comes from an understanding of nutrition.

Nutritional Aspects of Human Physical and Athletic Performance. Melvin Williams, 1976. (Charles C. Thomas Publisher, 301 E. Lawrence Ave., Springfield, IL 62703) COLLEGE AND ADULT. -- This is not intended to be a nutrition book, although half of the chapters elaborate on the roles of major nutrients. Other chapters include history, metabolism, ergogenic foods, and the practical aspects of feeding athletes.

Nutritional Diet Therapy. Jean Pennington, 1978. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) COLLEGE AND ADULT. -- A supplemental volume for an introductory nutrition course, it includes material on hospital diets, diet modifications for various diseases, and relationships between drugs and nutrition. The emphasis is on treatment.

Nutritional Quality--Index of Foods. Gaurth Hansen, Bonita Wyse, and Ann Sorenson, 1979. (AVI Publishing Co., 250 Post Road East, Westport, CT 06880) COLLEGE. -- Key terms in this new book are: nutrient density, food quality, calories, energy, and nutrient ratios. Nutrient density is defined as a food's nutrient content in relation to its energy value. An excellent book for all those in the food and allied fields.

The Pain of Obesity. Albert Stunkard, 1976. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- A psychiatrist discusses his experiences with overweight people, the state of research, and the hope he sees in new methods of treatment.

Pantropheon, or a History of Food and its Preparation in Ancient Times. Alexis Sayer, 1977. (Grosset and Dunlap, Inc., 51 Madison Ave., New York, NY 10010) ADULT. -- Covers nearly every possible aspect of food and its preparation in ancient times.

Practical Nurse Nutrition Education. Alberta Shackleton and Charlotte Poleman, 1978. (W.B. Saunders Co., W. Washington Sq., Philadelphia, PA 19109) PROFESSIONAL. -- Ideal as a text or practical reference, this manual has everything the practical nurse should know about nutrition.

Principles of Nutrition. Eva Wilson, Katharine Fisher, and Mary Fugua, 1979. (John Wiley and Sons, Inc., 605 Third Ave., New York, NY 10016) COLLEGE. -- A comprehensive discussion of nutrition basics, examining such fundamentals as diets, food nutrients, energy, obesity, and undernutrition. Among the issues addressed are the function of dietary fiber, the effects of vitamin megadoses, and the role of diet in treating coronary disease. Reorganized for greater clarity, and with new chapters on nutrition and biology, physiology, and chemistry. Other new material includes digestion and metabolism; dietary standards and allowances; and dietary goals for the United States.

Programmed Nutrition. Helen Guthrie and Karen Braddock, 1978. (C.V. Mosby Co., 11830 Westline Industrial Dr., St. Louis, Mo 63141) COLLEGE AND ADULT. -- A programmed textbook of basic concepts of nutrition for use in conjunction with Introductory Nutrition, also by Guthrie. The book's premise is that the reader is also the teacher. Each chapter has questions interspersed with the text. The answers are at the end of each chapter. The reader is also the one who evaluates progress.

The Ready Food System for Health Care Facilities. Michael Pinkert, 1973. (Cahners Books, 89 Franklin St., Boston, MA 02110) ADULT. -- A book on how to make assembly line food more appetizing and attractive.

Realities of Nutrition. Ronald Deutsch, 1976. (Bull Publishing Co., P.O. Box 208, Palo Alto, CA 94302) ADULT. -- A practical approach to nutrition, this book discusses the nutrients in food and how these are used by the body. Deutsch is well-known for his book, The Nuts Among the Berries.

Recipes for Learning: Exploring the Curriculum Through Cooking. Gail Lewis and Jean Shaw, 1979. (Goodyear Publishing Co., Inc., 1640 Fifth St., Santa Monica, CA 90401) K-6. -- A wide variety of cooking methods and procedures are presented, including no-cook, hot-plate, and small appliance recipes.

Robert's Nutrition Work with Children. Ethel Martin and Virginia Beal, 1978. (University of Chicago Press, 5801 Ellis Ave., Chicago, IL 60637) ADULT. -- Fine coverage of nutritional health for children; relates physical, mental, social, and emotional development.

Runner's Cookbook. Joanne Milkereit, 1979. (World Publications, Inc., 1400 Stierlin Rd., Mountain View, CA 94042) ADULT. -- The recipes in the Runner's Cookbook have been researched and selected because they are not only nutritious, but also delicious.

The Science of Nutrition. Marian Arlin, 1977. (Macmillan Publishing Co., Inc., 866 Third Ave., New York, NY 10022) COLLEGE AND ADULT. -- An introductory text that does not require a background in chemistry or physiology, it examines nutrition as it is revealed by observation of the human body and of the plants and animals that constitute the food supply.

7 Steps to Rock-Bottom Food Costs! A Guide to Kitchen Economy. Sally Sherwin, 1976. (William Morrow and Co., Inc., 105 Madison Ave., New York, NY 10016) ADULT. -- Typical of many books designed to cut food costs.

Starving Children: The Tyranny of Hunger. Roy Brown, 1977. (Springer Publishing Co., 200 Park Ave., S., New York, NY 10003) PROFESSIONAL. -- This book examines the nutritional, environmental, and psychological effects of hunger on children in Biafra (Africa), Bangladesh (Far East), and the Mississippi Delta Region (United States).

Sugars in Nutrition. Horace Sipple and Kristen McNutt, eds., 1974 (Academic Press, 111 Fifth Ave., New York, NY 10003) COLLEGE AND ADULT. -- The Nutrition Foundation began a monograph series to provide systematic coverage of new nutritional knowledge in important areas. The initial volume is about sugar because of its fundamental importance in all aspects of nutrition. This monograph details revolutionary technological changes that are altering the sources and forms of sugars used in foods.

A Teaching Manual on Food and Nutrition for Non-Science Majors. Daniel Melnick, 1979. (The Nutrition Foundation, Inc., Office of Education and Public Affairs, 888 17th St., NW, Washington, DC 20006) COLLEGE AND ADULT. -- This manual is an outlined summary of a lecture and discussion course on food and nutrition.

Understanding Nutrition. Eleanor Whitney and Eva Hamilton, 1977. (West Publishing Co., 50 W. Kellogg Blvd., St. Paul, MN 55165) COLLEGE AND ADULT. -- This textbook offers a good teaching approach because of its division into chapters on which the experts in the field largely agree. At the end of each chapter, current issues where there is much speculation are highlighted. Also, common characteristics of fraudulent advertising are marked with Flag Signs, and common misunderstandings that arise are marked with Caution Signs.

U.S. Nutrition Policies in the Seventies. Jean Mayer, ed., 1973. (W.H. Freeman and Co., 660 Market St., San Francisco, CA 94104) ADULT. -- A book on crucial policies that should have been developed and applied.

War on Weight. Margaret Pope and Virginia Hoopes, 1980. (Brigham Young University Press, Business 205 UPB, Provo, UT 84602) ADULT. -- A final call to arms for those who are fed up with the many high-cost, low-nutrient diets that offer few realistic or lasting results. Written in a clever military style, the authors have laid out a diet and exercise plan that is livable, workable, and enjoyable.

Weight Watchers: New Program Cookbook. Jean Nidetch, 1978. (The New American Library, Inc., 1301 Ave. of the Americas, New York, NY 10019) ADULT. -- A cookbook of more than 600 recipes from the Weight Watchers organization. Weight Watchers International, Inc. is considered by many to be the world's foremost authority on weight control. Local chapters are organized in many areas.

The Whole Family Low Cholesterol Cookbook. Helen Page and John Schroeder, 1976. (Grosset and Dunlap, Inc., 51 Madison Ave., New York, NY 10010) ADULT. -- A guide for food lovers who need to reduce their cholesterol and fat intakes. This is not a weight reduction diet book, nor is it for the cardiac patient on a stringent regimen. Instead, it reflects current medical opinion on restricting dietary cholesterol and saturated fat for everyone in hopes of preventing heart disease.

DOCUMENTS IN ERIC

ERIC (Educational Resources Information Center) is a nationwide network of clearinghouses, whose purposes are to collect and disseminate educational literature. ERIC collects documents, abstracts and indexes them, and reproduces them on microfiche. The microfiche collections can be found at more than 700 locations across the continent. Copies of ERIC documents, both in paper copies and in microfiche, can be had for a small fee plus postage from the ERIC Document Reproduction Service (EDRS), P.O. Box 190, Arlington, VA 22210.

ERIC distinguishes original documents from journal articles. The documents are identified with the prefix "ED." If they are available from EDRS, the citation will note them as "MF" (microfiche), or "PC" (paper copy).

Document abstracts are published monthly in Resources in Education (RIE), which has an annual cumulative edition.

Journal articles are explained in the next chapter.

Activity Guide for Nutrition Education, Grades K-3. 1978. Chula Vista City School District, 84 East J, Chula Vista, CA 92012. 68p .; MF. ED 174 570. -- This activity guide for foods and nutrition education at the primary level is divided into two sections: lesson plans and resource materials (five concepts are outlined and referenced alphabetically in the lesson plan); food choices; factors influencing choices; consumer competencies; food related careers; and food protection.

Annotated Bibliography, Grades K-6. 1976. Massachusetts Department of Education, Bureau of Nutrition Education, Boston, MA. 26p; MF/PC. ED 152 713. -- This annotated bibliography on nutrition is for the use of teachers at the elementary grade level. It contains a list of books suitable for reading about nutrition and foods for pupils from kindergarten through the sixth grade. Films and audiovisual presentations for classroom use are also listed. The names and addresses of organizations from which these materials may be obtained are included.

Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center. January 1975. The Food and Nutrition Information and Educational Materials Center, National Agricultural Library, Room 304, Beltsville, MD 20705. 81p.; MF. ED 119 619. -- Intended for use by food service personnel and management, dieticians, college teachers, students, and researchers, this catalog lists a wide variety of audiovisual materials in the areas of nutrition, health education, cooking, and food services management. The main sections of the catalog are: (1) bibliography--a complete citation of the title, source, distributor, type of medium, length, descriptor terms, and an informative synopsis of the contents; (2) subject index--a listing according to descriptor terms; (3) personal author index; (4) corporate author index; (5) title index; and (6) media index.

Audiovisuals for Nutrition Education: Nutrition Education Resource Series No. 9, Revised Edition. April 1979. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. 40p.; MF. ED 174 480. -- This bibliography contains reviews of more than 250 audiovisual materials in eight subject areas related to nutrition. Materials include charts, posters, filmstrips, games, kits, slides, transparencies, audio cassette tapes, coloring books, study prints, flannel board sets, records, and books.

Audiovisuals for Nutrition Education: Selective Evaluative Reviews from the Journal of Education. Sue Rowe, 1975. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. 28p.; ED 119 632 (Document not available from EDRS). -- A wide range of audiovisual materials suitable for the teaching of nutrition is listed. Materials include coloring books, flannel board, stories, games, kits, audiotapes, records, charts, posters, study prints, films, videotapes, filmstrips, slides, and transparencies.

Catalog. Food and Nutrition Information and Educational Materials Center. June 1973. Food and Nutrition Information and Educational Materials Center, National Agricultural Library, Room 304, Beltsville, MD 20705. 286p.; ED 082 325. -- This catalog contains 2,366 annotated citations that include books, pamphlets, journal articles, and audiovisual aids of interest to the school food service and nutrition education community. Each document included has been indexed using a specialized vocabulary specifically developed for this collection.

The Classroom Chefs: A Children's Picture Cookbook for Nutrition Education. Teachers Manual. Margaret Minter, Beth Smallwood, Basilica Tan, and Zemula Woods, 1975. University of South Alabama, Headstart Training Office, 250 Bay Front Dr., Mobile, AL 36615. 99 p.; MF/PC. ED 113 060. -- This teachers' manual presents lesson plans and recipes designed for use with preschool children, discusses the need for early nutrition education, and offers suggestions for conducting cooking activities in the classroom. Specific ideas are provided to involve handicapped children in cooking experiences. A list of children's books that can be related to cooking experiences is included.

Cooking and Eating with Children: A Way to Learn. Oralie McAfee, Evelyn W. Haines, and Barbara Bullman Young, 1974. Association for Childhood Education International, 3615 Wisconsin Ave., NW, Washington, DC 20016. 53p.; MF/PC. ED 100 534. -- This pamphlet describes ways for children and caregivers to plan, cook, and eat together, combining practical health suggestions with sound educational philosophy.

Cumulative Index to the Catalog of the Food and Nutrition Information and Information and Educational Materials Center 1973-75. July 1975. The Food and Nutrition Information and Education Materials Center, National Agricultural Library, Room 304, Beltsville, MD 20705. 347p.; MF. ED 119 616. -- Intended for the use of food service personnel and management, dieticians, college teachers, students, and researchers, this catalog

lists a wide variety of instructional resource materials in the areas of nutrition, health education, cooking, and food service management.

Effectiveness of Paraprofessionals in Working with Low Income Families: An Experimental Study. Bettie Yerka, 1975. Paper presented to the Adult Education Research Conference (St. Louis, MO). 30p.; MF/PC. ED 110 843. -- This study is an evaluation of a nutrition education project conducted in an inner city community of New York. The premise was that social workers with backgrounds similar to those of their clientele would be more effective educators. The study reached the conclusion that it was possible to raise the nutritional knowledge and improve the nutritional habits of the citizens. The workers were found to have an increased sense of participation and concern for the people they served.

Elementary Teaching Materials and Teacher References. Revised Edition. August 1975. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. 19p.; ED 119 630. -- Citations of printed and audiovisual educational materials that can be used to teach nutrition in elementary school are listed. Sources include books, pamphlets, leaflets, audiovisuals, articles, and curriculum guides. This is one segment of a nine part series.

Evaluation of the Use of Group Dynamics Training in the Expanded Food and Nutrition Education Program. Marjory Mortvedt, April 1975. Paper presented at the Adult Education Research Conference (St. Louis, MO). 31p.; MF/PC. ED 110 844. -- The paper evaluates the use of group dynamics training for Expanded Food and Nutrition Education Program (EFNEP) aides in Ohio and assesses low income homemakers' adoption of group participation.

Focus on Nutrition: A Teacher's Handbook for Nutrition Education, Grades Kindergarten through Six. 1976. Bureau of Nutrition Education and School Food Services, Massachusetts Department of Education, Boston, MA. MF/PC. ED 152 715. -- This handbook is an inservice training manual and reference source for elementary school teachers who do not have a strong background in nutrition. It is also a curriculum guide with a suggested course of study for integrating nutrition education in grades K-6 with other areas of study.

Food and Nutrition Information and Educational Materials Center Catalog, Supplements 1, 2, and 3. 1974-76. The Food and Nutrition Information and Educational Materials Center, National Agriculture Library, Room 304, Beltsville, MD 20705. 163-376p; MF. ED 199 615-18. -- Intended for use by food service personnel and management, dieticians, college teachers, students, and researchers, this catalog lists a wide variety of nutritional resource materials in the areas of nutrition, health education, cooking, and food services management.

Food and Nutrition: Supplemental Lessons for Training Extension Aides: Food Preparation. Evelyn Johnson, with Phyllis Olson, Judith Phiel, Elizabeth Macauley, Wazza Noble, Sally Springer, and Polly Fussell, November 1971. Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402. 87p.; MF/PC. ED 109 368. -- These lessons were written to

prepare aides for work with families in the Expanded Food and Nutrition Program of the U.S. Department of Agriculture.

Food and Nutrition Supplementary Resources: A Selective Annotated Bibliography for Elementary Schools, K-6, 1977. Minnesota State Department of Education, Child Nutrition Section, St. Paul, MN. 17p.; MF/PC. ED 142 305. -- This selected bibliography provides elementary school educators with a provide of books which list supplementary resources of food, nutrition, and related topics.

Food: Facts and Fancies. Martha Kallinisch, 1974. New York State Education Department, Bureau of Secondary Curriculum Development, State University of New York at Albany, Albany, NY. 115p.; MF/PC. ED 107 668. -- One of a series on consumer education, this guide is about food--specifically, nutrition, labeling, prices, and money management. The guide is illustrated with charts, cartoons, photographs, and drawings.

Food is More than Just Something to Eat. U.S. Department of Agriculture, Washington, DC 20020. 30p.; MF/PC. ED 092 543. -- This booklet lists the major nutrients, discusses the role each plays in the body, and lists some of the foods where each nutrient can be found. Explanations of the relationship between nutrients and energy, how the body gets the nutrients it needs from the diet, and nutrients needed from before birth until the later years are included.

FRAC's Guide to the School Lunch and Breakfast Programs. August 1978. Food Research and Action Center, Inc., 2011 Eye St., NW, Washington, DC 20006. 41p., MF. ED 161 113. -- In 1972, the School Breakfast Program was revised and made available to all schools in the country. The program also provides meal subsidies, surplus commodities, and equipment money. This guide is designed to help community members become aware of the programs and their benefits, and to organize local school lunch and breakfast campaigns. The guide describes the operation of the programs, the importance of a state plan of child nutrition operations in expanding the programs, and the nutritional requirements of the programs. Techniques are outlined for orgainzing a local breakfast campaign.

Hearings Before the Select Committee on Nutrition and Human Needs of the United States Senate, Ninety-third Congress, First Session. June 1973. Superintendent of Documents, Government Printing Office, Washington, DC 20402. 52p.; MF/PC. ED 086 760. -- These hearings concern television advertising of food to children. The witnesses are from the broadcasting industry. The committee had heard testimony previously from nutritionists, dentists, and consumers that there is incessant advertising of sugared and snack foods on television aimed at children.

Home Economics for Young Men: A Teaching Guide. Eleanore Kohlman, 1975. Iowa State University Press, South State Ave., Ames, IA 50010. 214p.; ED 117 416. -- Intended as a resource guide from which teachers select material appropriate to their needs and students, the document presents curricular suggestions for senior high school males in five major areas: (1) human development and the family; (2) personal and family economics; (3) textiles and clothing; (4) food and nutrition; and (5) housing.

"Ice Breakers" Nutrition Education Paper-Pencil Games. September 1976. Food and Nutrition Service, U.S. Department of Agriculture, Washington, DC. 16p.; MF/PC. ED 163 107. -- This booklet contains word games and puzzles, designed for use as introductory exercises at school food service training workshops, nutrition education classes, community health meetings, or for use by students. Time needed to play the games ranges from 5 to 15 minutes, depending on nutrition knowledge and experience of the participants. Answers are also included.

Making Nutrition Education Count: A Guide for Nutrition K-6. Patricia Kratky and Lois Haigh, July 1975. Minnesota State Department of Education, St. Paul, MN. 38p.; MF/PC. ED 123 117. -- A curriculum guide for nutrition education for each grade level, K through 6, and designed to incorporate knowledge of thirteen concepts into the child's decision-making processes as a food consumer.

Multiple Learning Strategies Project. Dietetic Assistant. Regular Vocational. Elaine Moffze et al., August 1977. Bureau of Occupational and Adult Education, U.S. Office of Education, Washington, DC. 520p.; MF/PC. ED 158 097. -- This instructional package is one of two designed for regular vocational students learning the job of dietetic assistant. The eighty-nine learning modules are organized into three units: nutrition; menu planning and food ordering; housekeeping and safety. Each module is printed in large block type.

Multiple Learning Strategies Project. Dietetic Assistant. Visually Impaired. Barbara McKinon, et al, December 1973. Bureau of Occupational and Adult Education, Dept. HEW/OCE, Washington, DC. 482 p.; MF. ED 158 099. -- This instructional package is the counterpart to the citation immediately above. It is designed for visually impaired students studying to become dietetic assistants. The forty-seven learning modules are organized into three units: Nutrition, menu planning and food ordering, and housekeeping and safety. Each module is printed in large block type.

Nutrient Requirements in Adolescence. John McKigney and Hamish Monro, 1975. National Institutes of Health (DHEW), Bethesda, MD. 17p.; MF/PC. ED 115 590. -- It is important to understand the nutrient requirements and the significance of nutrition both in pubescence and adolescence. The pubescent growth spurt is characterized by an increase in body size and a change in proportion of different tissues. The dietary inadequacies of adolescents may be accentuated by situations causing extra demands for nutrients, such as pregnancy, injuries, and involvement in sports.

Nutrition and Health. April 1975. George Washington University, Washington, DC, National Advisory Council on Supplementary Centers and Services. 26p.; MF/PC. ED 107 604. -- This two-part report provides a source book on (a) Federal health and nutrition legislation and programs, and (b) government and commercial agencies with nutrition and health education materials and instructional services available to the public.

Nutrition Education: An Interdisciplinary Approach. Revised Edition. Jane Grogan, 1978. Office of Education, (DHEW), Washington, DC. 173p.; MF. ED 164 968. -- This curriculum guide was developed to help teachers from preschool through secondary grade levels provide an interdisciplinary approach to teaching nutrition. This guide begins with eleven instructional units, varying from two to twenty pages in length, on basic nutrition and other selected topics.

A Nutrition Education Bibliography for Teachers of All Subjects and Grade Levels. February 1978. Office of Education, Department of Health, Education, and Welfare, Washington, DC. 21p.; MF. ED 164 967. -- This bibliography lists a library collection of educational resources on topics in nutrition that are available to elementary and secondary teachers who need information and instructional aids to help them integrate nutrition education into existing curricula. Two hundred and seven entries of nutrition education resources comprise this bibliography, including books, periodicals, filmstrips, slides, cassettes, bibliographies, teaching kits, programmed instruction units, curriculum guides, and games.

A Nutrition Education Bibliography for Teachers of All Subjects and Grade Levels. Jane Grogan, May 1977. 14p.; MF/PC. ED 139 799. -- The materials listed here represent a collection of nutrition education resources developed through the Nutrition Education Development Project. The listings include books, periodicals, filmstrips, slides, cassettes, bibliographies, teaching kits, programmed instruction units, curriculum guides, and games in nutrition education.

Nutrition Education, K-12: Teacher References, Concepts, Theories, and Guides. February 1976. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. 20p.; ED 119 631. -- Citations of printed and audiovisual educational materials that can be used to teach nutrition in grades K-12 are listed. Materials cited include books, pamphlets, bibliographies, articles, periodicals, and audiovisuals. This is one part of a nine part series on the same subject.

Nutritional Educational Development Project. 1978. Office of Education, Department of Health, Education, and Welfare, Washington, DC. 25p.; MF. ED 164 966. -- This compilation of pamphlets and other educational materials on current issues in nutrition provides elementary and secondary teachers with a list of free or inexpensive materials to help them adapt nutrition education into existing curricula. This list, organized in alphabetical order by topic, contains 293 entries.

Old Time Apple Cider Makin': An Outdoor Education Unit. Bruce Matthews and David Oakes, October 1976. Cortland BOCES, Outdoor-Environmental Education Program, McEvoy Educational Center, Cortland, NY 13045. 33p.; MF. ED 160 282. -- An illustrated, self-contained packet, the resource materials contained in this guide are designed for adaptation from K through 8 and to encourage using the outdoors as a learning resource.

Plate Waste Study. 1975. Utah State Board of Education, State of Utah, Salt Lake City, UT. 32p.; MF/PC. ED 135 096. -- In a study to evaluate various factors affecting food waste in the school lunch program, data were collected from grades 1-6 in four districts, using three schools from each district on three consecutive days. Each child rated each component of the meal on a five-point scale. It was recommended that the more popular items be served as often as it was practical to do so, and that the less popular or unknown items be served with an emphasis on their nutritional value.

Preschool Nutrition Education Monograph. November 1978. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1130, Berkeley, CA 94704. 50p.; MF. ED 171 386. -- Sixteen articles relating to preschool nutrition education programs, food habits and nutrient intake of preschoolers, parent education, and training of day care personnel are included in this monograph. Also included are more than fifty evaluative reviews and abstracts of articles, books, pamphlets, and audiovisuals useful as resources and/or teaching materials.

Secondary Teaching Materials and Teacher References. Revised Edition. July 1974. Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. 21p.; ED 119 629. -- Citations of printed and audiovisual educational materials that can be used to teach nutrition in secondary school are listed. Sources include books, pamphlets, leaflets, audiovisuals, articles, and curriculum guides. This is one of a nine part series on the same subject.

Some Sources of Free or Inexpensive Materials About Food and/or Nutrition. E. Samalonis, December 1977. 39p.; MF. ED 151 478. -- Materials on food and nutrition which are available from nearly 80 sources are listed in this document. The organizations listed include food producing companies, industry representatives, insurance and utility companies, and a small number of nonprofit agencies. Materials include informational pamphlets and other publications, recipes, catalogs, posters, and slides.

Speculations on Nutrition Education for the Next Generation. Donald McAfee, August 1973. Speech delivered at the Annual Meeting of the Society for Nutrition Education (Atlanta, GA). 16p.; MF/PC. ED 115 777. -- Analyzing the changing needs of young people today can be helpful in designing future nutrition education programs. Studies indicate that 40 percent of today's 18- to 26-year-olds have considerably different values and attitudes from those in the past. Technology may determine what is possible, but values and attitudes determine what people will accept.

Supermarket Project. Teaching Guide. University of Florida, Gainesville, FL 32604. 18p.; MF/PC. ED 118 523. -- The focus of this consumer education document, designed for 4-H Club members and secondary students, is on supermarkets, food, and purchasing. The materials in the series are based on the philosophy that teenagers need training and guidance to develop the skills needed to become competent consumers.

Teaching Teens "Stuff" That Counts. A Guide for Volunteers. Cecilia Hemmerich, et al. October 1973. Agricultural Bulletin Building, 1535 Observatory Dr., Madison, WI 53706. 24p.; MF/PC. ED 092 784. -- The nutrition instruction guide is designed for volunteer leaders in the Expanded Food and Nutrition Education Program (EFNEP), which focuses on youth nutrition education. The topics of weight control, teenage pregnancy, appearance, nutrition and drugs, fad diets, and physical fitness form the basis for group discussions.

Television and the Young Consumer. An Analysis of Consumer Needs of Children and a Proposal for the Utilization of Television to Meet These Needs. Sally Williams, April 1974. Committee on Children's Television, San Francisco, CA. 33p.; MF/PC. ED 089 738. -- The Committee on Children's Television (CCT) and five commercial television stations in San Francisco designed and broadcast television messages for children to help them develop healthy eating habits and sound consumer skills.

Women and Children First--Or Last? A Report on the Special Supplemental Food Programs for Women, Infants, and Children. Virginia Fleming, April 1975. The Children's Foundation, 1028 Connecticut Ave., NW, Washington, DC 20036. 92p.; MF/PC. ED 114 183. -- This booklet examines the first two and a half years of the special supplemental food program for women, infants, and children (WIC), designed by Congress to provide food and nutrition information for low-income pregnant women, nursing mothers, and children up to age four. Problems with the administration and functioning of the nutrition program are discussed. Appendices include a bibliography of medical research on malnutrition, a list of government reports, caseloads and budgets, a list of local WIC sponsors, and legislation authorizing WIC.

World Foods. Fish and Seafood--The Present and Future Use in World Foods. Midwest Regional Center, State Department of Vocational and Technical Education, 1515 W. Sixth Ave., Stillwater, OK 74074. 47p.; MF. ED 171 892. -- This teacher's guide contains materials to be used in the study of fish and seafood and their contribution to feeding the world's people. The guide's unit provides an overview of the uses of fish and seafood in various cuisines, nutritional qualities, classifications and forms, and the principles and techniques of fish cookery.

JOURNAL CITATIONS IN ERIC

Journal articles are identified by the prefix "EJ." Abstracts of journal articles can be found in the Current Index to Journals in Education (CIJE), published monthly, with an annual cumulative edition.

Copies of journal articles are not available from the ERIC Document Reproduction Service. Usually, they are available from University Microfilms International (UMI), 300 N. Zeeb Rd., Ann Arbor, MI 48106.

"Accentuate the Positive." Michael Jacobson. Instructor 83 (5):5-51; January 1974. EJ 089 016. -- The food rating system described in this article was devised to provide children with a simple way of putting a fairly accurate value on the food they eat.

"Aging and Nutrition Education." Terry Bazzarre. Educational Gerontology 3 (2):149-61; April 1978. Reprint available. UMI. EJ 181 105. -- Reviews nutrition education programs in relation to aging. A summary of nutritional information that constitutes different components of nutrition education programs for the elderly is discussed. A brief review of physiological changes affecting nutrient utilization and food selection and of changes in dietary intake and requirements is presented.

"An Assessment of High School Nutrition Education." Renee Levine, et al. Journal of Nutrition Education 11 (3):124-26; July/September 1979. EJ 213 180. -- Reports a survey of New Jersey high schools to determine the status of nutrition education. Results suggest that teachers need new sources and ideas.

"At the End of the Rainbow, A Balanced Diet. What Food Management Companies Can Do For You." Mary Beth Crimmins. School Management 18 (6):12-15; June/July 1974. EJ 099 416. -- Describes how one food management company, by dramatizing the ingredients of a type A lunch, has increased the demand for such lunches, raised its gross income, saved students money, and raised the level of their nutritional intake.

"Blend Science and Nutrition." Joan Carson. Instructor 88 (5):99-100; December 1978. Reprint available. UMI. EJ 192 938. -- Presents ideas for learning activities that combine science and nutrition instruction.

"Changing Attitudes in Community Nutrition." Betty Carruth and Katherine Musgrave. Journal of Nutrition Education 11 (3):127-32; July/September 1979. EJ 213 181. -- A description is presented of a semantic differential instrument that evaluates attitude changes. Results are given from the testing of a twenty-five bipolar adjective scale intended to identify descriptions of nutrition education.

"Comic Books: An Effective Teaching Tool." Curtis Trent and Rachel Kinlaw. Journal of Extension 17:18-23; January/February 1979. Reprint available. UMI. EJ 202 760. -- Stating that comic books are an effective way to present instructional materials, the authors sent food and nutrition subject matter using characters in a daytime television serial in a set of comic books to a sample of extension homemakers.

"Creative Ways to Teach Nutrition." Hazel Spitze et al. Illinois Teacher of Home Economics 20 (3):101-05; January/February 1977. EJ 153 213. -- Presents activities, materials, and instructions for three classroom games developed in University of Illinois nutrition education workshops on new ways to teach nutrition: Vit-A-Vend, Nutrition Basketball, and Nutrition Baseball.

"Cross-Age Teaching: An Important Concept for Nutrition Education." Louise MacKenzie and Elaine Arbor. Journal of Nutrition Education 11 (3): 138-40; July/September 1979. EJ 213 183. -- The cross-age teaching approach for nutrition instruction is described in this report of a study involving high school students. Changes in attitudes and achievements are included in the analysis of results.

"Dealing With Your Student's Weight Control Program." Stanley Rasmussen. Physical Educator 33 (4):198-203; December 1976. EJ 165 022. -- Elementary school physical education teachers should identify obese students and plan a sensible program of diet and exercise for them.

"Education for a Better Breakfast." Jill Cohen. Forecast for Home Economics 20 (9):50, 57; May/June 1975. EJ 115 544.

"Federal Funds." Charlotte Hoffman. American Education 11 (7):34-35; August/September 1975. EJ 130 441. -- Article describes a program designed to demonstrate ways school leadership can narrow the gap between the need for nutrition and health services for low-income children, and the delivery of those services within existing local health-related education resources.

"Food Service: Food Coupons, School Lunch, Management." Nation's Schools and Colleges 2 (4):43-45; April 1975. EJ 115 897. -- Meal coupons; U.S. Department of Agriculture plan caters to children's tastes; students run $2.5 million commissary operation.

"The Four Billion Dollar Lunch." Craig Sautter. Instructor 88 (2): 46-51; September 1978. Reprint available. UMI. EJ 189 293. -- Discusses problems with the National School Lunch Program, including the high proportion of food thrown away by students, problems with food preparation, nutritional standards, and competition from junk food. Suggestions for nutrition education are offered and organizations and books for further reference are listed.

"Fourteen Ideas for Good Nutrition for Students." Peter Sammartino. Clearing House 49 (7):311-12; March 1976. EJ 144 189. -- This article was prepared as a starter for Ralph Nader's campaign for better nutrition in

school cafeterias. The ideas suggested are not too costly and are designed to provide sound nutrition for students.

"Fun Food Fest--Target PSAs." Corinne Montandon. Journal of Nutrition Education 6 (2):66-68; April/June 1974. EJ 101 471. -- Community nutritionists and educators assist a local television station in developing public service announcements on nutrition. A children's TV program and workshop were used to create materials used in the public service announcements.

"Height/Weight Disproportion in Elementary School Children." Patricia Humphrey. Journal of School Health 49 (1):25-29; January 1979. Reprint available. UMI. EJ 202 469. -- This paper discusses the importance of studying physical growth patterns in children and presents the results of a survey of height and weight measurements collected on 1,953 children ages 5 to 11.

"The High Technology Pizza." Ross Hall. Science Teacher 46 (5):12-16; May 1979. Reprint available. UMI. EJ 202 231. -- Discusses how nutrition can be taught to match student eating practices and to face the revolution in food processing. Pizza processors and eating style are used in a model to show how teaching nutrition can be relevant to food as it is actually eaten.

"Home Economics in the Elementary Schools?" Mary Sickler. Illinois Teacher of Home Economics 18 (3):136-40; January/February 1975. EJ 110 525. -- Included in the description of an elementary-level home economics program taught by the classroom teacher cooperating with a consultant are: broad goals and generalizations, program guidelines, a brief curriculum guide, sample learning experiences for each grade level, one lesson plan and an individualized instruction form.

"How I Teach Boys and Girls." Nancy Lewison. Forecast for Home Economics 22 (1):173-75; September 1976. EJ 147 625. -- Describes a student-run restaurant that is part of a two-year program in food service.

"How I Teach Nutrition: Nutrition Facts Can Bloom in Your Garden." Selma Held. Forecast for Home Economics 20 (8):26-27; April 1975. EJ 113 785. -- Home economics students agree that learning about nutrition is more fun when it is related to foods that go into their favorite dishes, particularly when they share in the growing of these foods.

"How MUNCH Changed Lunch at Oakham." Leslie Rich. American Education 14 (8):24-29; October 1978. Reprint available. UMI. EJ 200 751. -- Describes how the elementary school at Oakham, Massachusetts, improved nutrition habits, increased student participation, and reduced lunch waste through a system called MUNCH (Multiple Unit of Nutritional Care and Health). It exchanges family-style meals for cafeteria lines, expanded nutrition education, and periodic measurement of leftovers.

"How We Do It." Aria Rosner. Journal of School Health 45 (2):108-13; February 1975. EJ 115 151. -- The article discusses the workings of the Denver public school system's nutrition program.

"Improving Teenage Nutrition--A Vital Challenge for Schools." NJEA Review 50 (9):20-21; May 1977. Reprint available. UMI. EJ 163 655. -- Although it may be a false indictment to say schools have been indifferent to developing proper dietary patterns in students, the need for reevaluation is evident. This article discusses what schools must do to alleviate this serious health dilemma.

"Instruct With Misconceptions." Jack Osman. Instructor 83 (5):48-50; January 1974. EJ 089 015. -- The author provides two tests to point out misconceptions about nutrition and nutrition instruction.

"Kim: The Child-Approved Nutrition Teacher." Mary Schlicks. Journal of Home Economics 68 (3):21-23; May 1976. EJ 137 526. -- Four "Food Is Good" booklets were developed by the Yakima, Washington, Home Economics Association to help preschool youngsters and their families develop good food habits. Booklet development, content, and success are discussed.

"Lunch-In." Herb Kohl and Sharon Nitta. Teacher 93 (9):37-39; May/June 1976. EJ 149 728. -- When placed under new management, this cafeteria rated four stars for food, atmosphere, and working and learning together.

"Me Power." Jack Poeske et al. Health Education 6 (5):22-23; September/October 1975. EJ 130 321. -- Describes a health curriculum, created by two sixth-grade teachers, that includes exercises to help students build their self-images, and study units on smoking, alcohol, drugs, and nutrition.

"Multiple Objectives and the Success of Educational Programs." Charles Ramsey and Mary Cloyd. Journal of Nutrition Education 11 (3):141-45; July/September 1979. EJ 213 184. -- This study focuses on the achievement of objectives in nutrition education programs. Potential causes of desired changes in attitudes and behavior are presented.

"The Need for Nutrition Education." David Stronck. American Biology Teacher 38 (1):19-23; January 1976. EJ 133 297. -- Suggests that discussion of the poor eating habits of Americans and the effects on health be included in biology courses.

"Nutrient Density Scores." Annette Dickinson and William Thompson. Journal of Nutrition Education 11 (3):119; July/September 1979. EJ 213 179. -- Announces a nutrient density food scoring system called the Index of Nutritional Quality (INQ). It expresses the ratio between the percentage of the Recommended Daily Allowance of a nutrient and the percentage of daily calorie allowances in a food.

"Nutrition: A Vital Part of the Curriculum." Marilyn Church. Young Children 35 (1):61-65; November 1979. EJ 212 903. -- The premise of this article is that it is possible for very young children to learn some basic concepts about nutrition, which can affect their eating habits. To foster such learning, an appropriate curriculum for the children's age level must be used.

"Nutrition and Body Systems in the Elementary School." Sue Garton. Illinois Teacher of Home Economics 20 (3):126-30; January/February 1977. EJ 153 214. -- The framework for the sequential health education curriculum in the Armstrong-Ellis school district is the human anatomy. An outline is presented of the nutrition education component for grades 1 through 8.

"Nutrition and the Pre-Professional Student." Richard St. Pierre and James Eddy. Health Education 10 (2):6-7; March-April 1979. EJ 207 178. -- Survey data from elementary education majors indicated positive attitudes toward the importance of nutrition education within the elementary curriculum, but seriously limited knowledge of nutrition.

"Nutrition Education for Young Patients." Grace Dixon and Karyl Rickard. Children Today 4 (1):7-11; January-February 1975. EJ 111 417. -- Describes the weekly "Food for Fun and Thought" projects in a children's hospital; projects are designed to involve children in positive and creative experiences with food, pertinent to their current medical care procedures and basic life styles. Suggests adaptations suitable for other hospital or clinic settings.

"The (Nutrition Education) Gospel According to NDC." Eric Kilburn. Nutrition Action 5 (9):3-7; September 1978. EJ 195 007. -- Discusses the flaws in nutrition education as presented by the National Dairy Council (NDC). Those discussed include the presentation of diets that contain high amounts of sugar and cholesterol and the failure to connect diet to heart disease. Suggests ways of monitoring these materials in the schools.

"Nutrition Education in Day Care." Brearly Karsch. Journal of Home Economics 69 (4):14-17; September 1977. Reprint available. UMI. EJ 165 429. -- Discusses aspects of providing nutrition education to young children, including staff preparation, benefits to the children, teaching techniques, the home economist's role, and licensing.

"Nutrition Education in the Elementary School." John Eisenhauer and Paul Bell. Today's Education 65 (4):38-40; November/December 1976. EJ 157 742. -- The involvement of seven elementary teachers in a summer nutrition workshop expanded into a complete nutrition education program on nutrients, caloric balance, junk foods, and food selection, preparation, and storage.

"Nutrition Education in Relation to the Needs of the Elderly." Barbara Shannon and Helen Wright. Journal of Nutrition Education 11 (2):85-89; April/June 1979. EJ 206 993. -- The nutritional vulnerability of American elderly citizens is discussed and attention is given to the factors that influence their food and nutrition practices.

"Nutrition Education, The Need for More." Donald McAfee. NJEA Review 48 (7):31, 47; March 1975. EJ 113 539. -- Article describes a plan of action for nutrition educators.

"Nutrition Education and the Spanish-Speaking American: An Annotated Bibliography (1961-72)." Christine Wilson. Journal of Nutrition Education 5 (2):161-79; April/June 1973. EJ 083 315. -- Nutrition education materials and background information for or about Spanish-speaking ethnic groups. Includes printed materials, games, and audiovisual materials on foods, nutrition, consumer problems, and health.

"Nutrition in Transition: A Challenge to Cooperation and Coordination." George Bray. Journal of Nutrition Education 11 (3):117-19; July/September 1979. EJ 213 178. -- The role of a new Nutrition Coordinating Committee in the Department of Health and Human Services is discussed. The need for nutrition information for consumers is described as well as a need for definitions of nutritional terms.

"Nutrition Week: An Effective Learning Experience in the School Community." Lorna Miller. Illinois Teacher of Home Economics 19 (4):213-15; March/April 1976. EJ 140 831. -- A nutrition week in schools can be a useful motivator when used by a home economics teacher to involve all students and teachers in nutrition education. Suggestions for class activities, demonstrations, and discussions listed according to subject area are summarized.

"Pathways to Preschool Nutrition Education." Janice Smith. Health Education 7 (3):14-16; May/June 1976. EJ 154 325. -- Classroom games involving choices of nutritious foods can develop a child's good eating habits.

"A Potpourri of Nutrition Education Methods." Lora Beth Larson et al. Journal of Nutrition Education 6 (1):21-23; January/March 1974. EJ 100 010. -- Methods that worked successfully in a nutrition education program for migrant farm workers are presented.

"Primary-Graders Study Nutrition." Fred Niedermeyer and Michael Moncrief. Elementary School Journal 75 (5):304-10; February 1975. EJ 111 412. -- Describes both the content of an instructional unit on nutrition prepared by the Dairy Council of California for primary-level school children and the results of its large-scale tryout in 30 California schools.

"Project: Taking Off." Caren Duncan. Illinois Teacher of Home Economics 18 (3):141-43; January/February 1975. EJ 110 526. -- The project's objectives include helping obese students understand their problem in ways that are relevant, interesting, creative, and academic. Another primary concern is eliminating the pathetic prophecies and painful experiences concerned with obesity in children and teenagers. Concise objectives of the program's educational component and definition of areas of responsibility are presented.

"Punchy Munchy...Culinary Curriculum." Carolee Schmidt et al. Instructor 86 (6):60-62; February 1977. EJ 159 910. -- Eating involves and offers a lot more than merely shoveling food into one's mouth. This article discusses a multitude of food experiences, all designed for kids' minds as well as their stomachs, and demonstrates how to use cooking and food throughout the curriculum.

"Reaching Out to New Parents." Berry Brazelton. Children Today 7 (4):27; July/August 1978. Reprint available. UMI. EJ 185 267. -- Advocates wider contact with expectant parents in an effort to upgrade the quality of life through preventive care and nutrition education.

"The Role of Evaluation Research in Nutrition Education." Harriet Talmage et al. Journal of Nutrition Education 10 (4):169-72; October/December 1978. EJ 198 440. -- Defines evaluation research, describes its dimensions, and provides five different models, discussing one in detail.

"School Lunch is Integral Part of Education Process in Milwaukee Schools." School Business Affairs 45 (11):40-46; November 1979. EJ 209 491. -- The American Society of Dentistry for Children recognized the Milwaukee Board of School Directors' commitment to promoting better oral health and nutritional habits among school children.

"Sunflower Project." Leon Greene and Donna Osness. Journal of Physical Education and Recreation 49 (2):28-29; February 1978. EJ 180 425. -- An elementary school physical education program is described, involving (1) grade-specific health education emphasizing nutrition, heart and lung anatomy and physiology, and disease prevention; (2) an innovative physical education program for children, teachers, and parents; (3) development of a low-cholesterol, low-sugar lunch program; and (4) health education sessions for parents.

"Teach Nutrition with Games." NJEA Review 49 (2):30-31; October 1975. EJ 128 739. -- Simulation games have been designed not only to teach factual material, but also to provide opportunities for understanding some of the complex systems of our society. The use of this valuable tool is encouraged in the teaching of nutrition.

"Teacher Inservice for Nutrition Education--An Interdisciplinary Approach in the School System." Jane Grogan. Journal of Nutrition Education 10 (3):119-20; July/September 1978. EJ 194 963. -- The Nutrition Education Development Project described from conception through evaluation, is an innovative approach for preparing teachers to incorporate nutrition into an existing curriculum.

"Teachers Behind Bars." Mildred Griggs and Judy Oppert. Adult Leadership 23 (4):112-14; October 1974. EJ 105 323. -- The staff of a university home economics division conducted a project designed to evaluate innovative curriculum materials for teaching nutrition to adults of low reading ability. Their laboratory was a women's prison. Information for ordering the materials is offered.

"Teaching Children About Nutrition Via TV." USA Today 107 (2409):10; June 1979. EJ 212 048. -- Studies conducted at Stanford University for the Federal Trade Commission (FTC) suggest that well-planned public service announcements on TV can effectively teach children about nutrition.

"Teaching Nutrition to Change Food Habits." Wilma Griffin. Illinois Teacher of Home Economics 20 (3):144-46; January/February 1977. EJ 153 216. -- Describes some secondary-level instructional methods to improve

teenagers' food selection habits through assessment of daily diets, knowledge of nutrition, and learning activities.

"Touch, Taste, Smell--Feeding Nutrition into Your Program." Marian Marion. Day Care and Early Education 5 (4):12-14; Summer 1978. Reprint available. UMI. EJ 185 237. -- Suggests activities (focusing on sensory experiences) that can be used with preschool children to foster positive attitudes about nutritious foods.

"Toward Junking Junk Foods." Phyllis Lehman. American Education 14 (8): 35-37; October 1978. Reprint available. UMI. EJ 200 753. -- Carroll County, Maryland, has shaped a strategy to improve school nutrition by weakening or eliminating junk food competition, making lunches more nourishing and appealing, and working nutrition instruction into other subject areas. The steps taken to accomplish this are described.

"Training American Indian Health Aides for Nutrition Education." Christine Olson and Dorothy Pringle. Journal of Nutrition Education 5 (4):242-45; October/December 1973. EJ 091 654. -- A discussion of the health problems prevalent among the American Indians of Wisconsin, emphasizing diabetes and obesity.

"Trash Tells A Tale: School Studies of Food Waste as a Tool for Nutrition Education." Gail Harrison et al. Illinois Teacher of Home Economics 19 (5):298-304; May/June 1976. EJ 140 843. -- The article presents recent data on food waste in the United States, shows how several schools have built upon these data and on student interest in the subject, and suggests ways to use the study of food waste to stimulate learning in nutrition and in critical thinking about societal issues.

"TV Commercials Can Teach Nutrition." Catherine Brent. Journal of Home Economics 66 (3):21-23; March 1974. EJ 092 316. -- In California, noncommercial public service announcements, including short spots of pantomime and bilingual messages, are aired during television's entertainment programs as a means of providing nutrition education to urban and rural low-income people.

"Universal Nutrition Education May Be Universal in Schools Sooner Than We Think." Marilyn Cutter. American School Board Journal 163 (2):45-47; February 1976. EJ 132 504. -- Describes a variety of nutrition instruction programs.

"USDA Regulation Update." School Business Affairs 45 (11):31; November 1979. EJ 209 489. -- Details recent Federal regulations regarding child nutrition programs and ways that the educational community can provide leadership and technical assistance for those programs.

"Value Recognition Activity." Jane Harbour. Illinois Teacher of Home Economics 19 (4):204-05; March/April 1976. EJ 140 828. -- This learning activity is designed to help students recognize the values that influence their decisions regarding foods. Students establish priorities for and then discuss the values of tradition, taste, cost, convenience, and nutrition in relation to choosing foods for various social situations.

"Weight Reduction and Weight Control Strategies for Obese Individuals: A Case for Behavior Modification." Russell Werner. Journal of School Health 46 (10):602-05; December 1976. Reprint available. UMI. EJ 165 029. -- This article reviews four strategies employed to remedy obesity: diet restriction, use of drugs, surgical treatment, and behavior modification. The conclusion reached is that behavior modification is the most effective strategy.

"What Do They Know From Bacon and Eggs?" DeeDee Jameson. Childhood Education 51 (3):146-49; January 1975. EJ 109 726. -- Outlines reasons and gives suggestions for teaching accurate nutrition information in a context relevant to each child and his or her family.

"What's Cooking? A Feast of Forthcoming Books on Diet, Nutrition, and Cookery." Library and Cookery 103 (7):731-33; April 1978. Reprint available. UMI. EJ 179 473. -- 100 books are listed alphabetically by author. Publisher, date of publication, and price are included.

"WOW (War on Weight Club)." Jane Harbour. Illinois Teacher of Home Economics 19 (4):206-08; March/April 1976. EJ 140 829. -- This article describes the content and successful use of the "WOW" Club Kit, which provides general guidelines and twelve specific meeting outlines for public health nurses, home economics teachers, and others with basic nutrition background to use in conducting nutrition and weight control programs in secondary schools.

"You Mean Schools are Teaching Something as Homespun as Nutrition?" Instructor 89 (3):114-26; October 1979. EJ 213 000. -- Outlines several programs being used to teach nutrition in elementary schools.

"You Score With Nutrition." Ruth Dow. Illinois Teacher of Home Economics 19 (4):239-58; March/April 1976. EJ 140 836. -- The leader's guide and the student activity booklet contain learning activities, ideas, information, games, and resources for nutrition instruction designed to appeal to the interests of teens and preteens, and to improve their knowledge of nutrition and their eating habits.

FILMS

"Changing Foods in Changing Times." 16 min., sound, color, 1976. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) HIGH SCHOOL, COLLEGE, AND ADULT. -- Presents the view of the Cereal Institute that presweetened cereals provide morning nutrition and needed fortification for those who might not otherwise eat breakfast. Appropriate studies are cited in an attempt to show that cereals are not directly associated with tooth decay. The film fails to mention the excessive sugar level in the American diet.

"The Day Milk was Turned Off." 27 min., sound, color. (National Dairy Council, 6300 North River Rd., Rosemont, IL 60018) GRADES 4-12. -- The film centers around a fantasy in which all the milk is turned off, resulting in what amounts to a national crisis.

"Eat, Drink, and Be Wary." 21 min., sound, color, 1975. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) HIGH SCHOOL, COLLEGE, AND ADULT. -- Examines the nutritional imbalance in the average American's diet, the nutritient losses that occur in food processing, the harmful effects of certain additives, the high sugar content in many foods, and the influence advertising has over American eating habits. Provides professional opinions from a cookbook author, a nutritionist, and a microbiologist. Encourages the development of a balanced diet, including unprocessed foods rich in vitamins, minerals, and proteins.

"The Eating Feel Good Movie." 6 min., sound, color, 1974. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) PRE-SCHOOL AND K-6. -- Presents musical scenes with children to emphasize the pleasure of eating different types of foods and stressing the body's need for them. The children dress up for a tea party and get an explanation of the four basic food groups with a humorous presentation of the various dishes that can be made from carrots. Points out that all people do not like the same foods, but that a variety of foods is needed for growth.

"The Fat Fighters." 21 min. (Brigham Young University, Dept. of Motion Picture Production, Provo, UT 84601) COLLEGE AND ADULT. -- This is a new film about the problems and treatment of obesity through commitment action group therapy. Features overweight college girls and their struggles to lose weight. Complete with study guide and weight reduction program.

"Journey into Nutrition." 25 min., sound, color, 1970. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) K-6. -- Explains to children that common nutrient needs are met differently by various countries. Shows the children studying the foods of a country and then preparing a meal from those foods. Emphasizes that overeating is as bad as undereating and that snacks should complement rather than replace meals.

"Junk Food." 15 min., sound, color, 1976. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) K-6. -- An animated cartoon featuring Fat Albert and the Cosby Kids depicting the hazards of junk food. Through Fat Albert and his friend Slim, the film stresses the views of Bill Cosby about nutrition and stresses the importance of proper diet. In addition to being an entertainer, Cosby holds a doctorate in education.

"Let's Eat Food." 35 min., sound, color. (CRM, McGraw-Hill Films, 110 15th St., Del Mar, CA 92014) HIGH SCHOOL, COLLEGE, AND ADULT.-- Narrator Tony Randall takes a serious topic and uses good-natured humor in pointing out practical steps for dealing with nutrition in daily life. Randall offers a comprehensive look at nutrition in the United States.

"Mulligan Stew #1: The Great Nutrition Turn-on." 30 min., sound, color, 1973. (Cornell University Film Library, Ithaca, NY 14850) K-6. -- Stresses the importance of the nutrients obtained from the four food groups, as well as the need for rest and exercise.

"Mulligan Stew #2: Look Inside Yourself." 30 min., sound, color, 1973. (Cornell University Film Library, Ithaca, NY 14850) K-6. -- The need for a good breakfast and balanced meals is stressed.

"Mulligan Stew #5: Countdown." 30 min., sound, color, 1973. (Cornell University Film Library, Ithaca, NY 14850) K-6. -- Presents the changing aspects of nutrition to children through music, dance, and animation.

"Soopergoop." 13 min., sound, color, 1976. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) K-6. -- Reveals to children the advertising techniques used to sell products that they really do not need by centering on Rodney, an animated cat who stars in television commercials. Rodney explains the campaign for Soopergoop, a new cereal, and shows the laboratory where food value is removed and sugar is added to make the cereal more appealing. The story continues as Rodney and Ad Man contrive clever commercials to convince children that cereal will make them big, smart, popular, and have fun.

"Sugar Cereal Imitation Orange Breakfast." 9 min., sound, color, 1975. (Indiana University, Audio-Visual Center, Bloomington, IN 47405) GRADES 7-12, COLLEGE, AND ADULT. -- Looks satirically at ways children might manipulate their mothers into buying specific brand name, frosted cereals even though they are bad for the teeth and low in nutrition. Compares the content of various types of orange breakfast drinks and discusses the water, sugar, chemicals and other additives. Narrated by Marshall Efron.

"Wholly Cow." 11 min., sound, color. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) GRADES 3-12. -- This animated award-winning film illustrates how food is processed in a cow's four stomachs, how nutrients are absorbed from the digestive tract and turned into milk, and explains the role of the milk gland.

"Why Doesn't Cathy Eat Breakfast?" 4 min., sound, color. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) GRADES 6-9. -- The objective of this film is to stimulate student discussions on the reasons why they skip breakfast.

"Why Not Snack?" 4 min., sound, color. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) GRADES 4-6. -- Pros and cons of snacking is the topic students should discuss after viewing this film.

MULTIMEDIA PROGRAMS

Diet and Health. (AAHPERD Educational Media Services, 1900 Association Drive, Reston, VA 22091) K-6. -- The Nutrition Trio brings overweight Charlene and her underweight brother to a game land where they learn to eat a balanced diet. (Soundtrack for the filmstrip is available on audio cassette or phonograph record.)

EAV - Filmstrips. (Educational Audio Visual, Inc., Pleasantville, NY 10570) ADULT. -- Ask for the audiovisual teaching materials catalog. The selection of filmstrips on nutrition is outstanding.

Food: Health and Diet. (Sunburst Communications, Room 3636, 39 Washington Ave., Pleasantville, NY 10570) GRADES 7-12. -- Examines nutrition from a teenage point of view, stressing the importance of balanced meals to maintain good health, and exploring adolescent weight problems. The program includes two filmstrips, two cassettes or records, and a teacher's guide.

Food Preparation. (Educational Services, Procter and Gamble, P.O. Box 14009, Cincinnati, OH 45124) ADULT. -- The food preparation kit contains food facts for the home, and information about food service. The kit includes worksheets, colorful wall charts, master visuals, and free product coupons. Ask for catalogs listing other kits.

Food...Your Choice. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) GRADES K-6. -- An outstanding nutrition teaching kit divided into three levels of learning and packed with program materials for teacher and student.

Games That Teach. (Graphics Company, P.O. Box 331, Urbana, IL 61801) ADULT. -- Scientifically based educational games designed to make nutrition and consumer education more effective and enjoyable.

Nutrition. (Cassettes Unlimited, Roanoke, TX 76262) GRADES 7-12. -- This program, consisting of ten filmstrips and audiotapes with worksheets, is designed to cover basic nutrition from individual needs to nutrition in the home and hospital.

Nutrition. (Society for Visual Education, Inc., 1345 Diversey Pkwy., Chicago, IL 60614) K-4. -- Set of four filmstrips, two records or cassettes, and four teachers' guides. The Nutrition Trio, a group of three youngsters with magical powers, helps four children build strong bodies by introducing them to the nutritional importance of the four major food groups. The trio explains to children how healthy bodies will enable them to excel in the activities they enjoy the most.

Nutrition and Exercise. (Sunburst Communications, Room 3636, 39 Washington Ave., Pleasantville, NY 10570) GRADES 7-12. -- Provides students with clear, concise information on basic nutritional requirements and how to fulfill them sensibly. Uncovers nutritional myths and special needs of athletes. Program includes two filmstrips, two cassettes or records, and teacher's guide.

Nutrition/Dental Health. (Hubbard, P.O. Box 104, Northbrook, IL 60062) K-12 AND ADULT. -- The Nutrition/Dental teaching module is divided into five units, two nutritional and three dental. The nutrition units discuss nutrient values of food at lunch time and provide a game called "Fat Chance." Ask for catalog of Complete Health Activities Projects.

A Nutrition Education and Physical Fitness Unit. (Public Affairs Dept., Kellogg Company, 235 Porter St., Battle Creek, MI 49016) GRADES 5-9. -- This unit focuses on basic nutrition and physical fitness, and contains duplicating activity masters, overhead transparencies, and a poster.

Nutrition Education Kit. (National Livestock and Meat Board, 36 S. Wabash Ave., Chicago, IL 60603) K-3. -- The kit contains two booklets for each child in the classroom and is designed for primary grades. It teaches nutrition through different subjects.

The Nutrition Expedition. (Oscar Mayer and Co., P.O. Box 7188 NE, Madison, WI 53707) GRADES 7-12 AND ADULT. -- A filmstrip with audio cassette about diet and exercise; also contains discussion and dietary fitness guides.

Nutrition Filmstrip Library. (Tupperware Home Parties, Educational Services, Dept. JHE80, P.O. Box 2353, Orlando, FL 32802) GRADES 7-12. -- Tupperware has nine available kits on nutrition. The filmstrip kits feature teacher guides which include lesson plans, classroom activities and projects, plus duplicating masters.

Nutrition: Food, Fuel, and Energy. (Society for Visual Education, Inc., 1345 Diversey Pkwy., Chicago, IL 60614) K-2. -- Set of four filmstrips, four cassettes or records, three posters and four teachers' manuals. Key nutritional concepts are stressed in an exciting filmstrip series.

Nutrition: Food vs. Health. (Sunburst Communications, Room 3636, 39 Washington Ave., Pleasantville, NY 10570) GRADES 7-12. -- A unique quiz show format encourages students to think about the nutritional needs of the body and the importance of meeting these needs. Also explores why Americans have little awareness of their nutritional needs. Program includes two filmstrips, two cassettes or phonograph records, and a teacher's guide.

Nutrition for Little Children. (Educational Activities, Inc., P.O. Box 392, Freeport, NY 11520) K-3. -- This filmstrip and recording is directed toward developing positive attitudes about food, accepting a variety of foods, realizing that people eat in many different ways, and beginning to understand the relation of food to health and growth.

Nutrition for You. (Educational Activities, Inc., P.O. Box 392, Freeport, NY 11520) GRADES 3-8. -- Two color filmstrips and recordings are used to help the student discover how food is related to health and growth, and how people throughout the United States and the world eat.

Peabody Language Development Kit. (American Guidance Service, Publisher's Building, Circle Pines, MN 55014) PRE-SCHOOL. -- Fruits and vegetables kit (Level #P) contains 21 lifesize plastic fruits and vegetables. They are used to teach the names of the fruits and vegetables, their colors, and several concepts such as "same," "different," and "relative sizes."

Project Nutrition. (Kellogg's Project Nutrition, P.O. Box 9113, St. Paul, MN 55191) GRADES 7-12. -- A detailed nutrition education unit for grades 7-12 that includes duplicating-master activity sheets, filmstrips, a poster, and a teacher's guide.

The Role of Vitamins in Proper Nutrition. (Vitamin Nutrition Teachers Kit, P.O. Box C-100, Colt's Neck, NJ 07722) GRADES 7-12. -- The pharmaceutical company Hoffman-LaRoche has developed a vitamin and nutrition learning kit, which includes a deluxe teacher's edition booklet as well as 25 student copies and a lesson guide.

"Winnie the Pooh, Nutrition, and You". (Walt Disney Educational Media Co., 500 S. Buena Vista St., Burbank, CA 91521) GRADES K-6. -- Six color filmstrips with phonograph records or cassettes and a teacher's guide with worksheets for grades K-6. The new filmstrip series combines the irrepressible Pooh's adventures and up-to-date information on nutrition.

ORGANIZATIONS

American Association for World Health and the U.S. Committee for the World Health Organization, 777 United Nations Plaza, New York, NY 10017. ADULT. -- Concerned with world health problems, government and nongovernment international programs. Emphasis is placed on nutrition, food production, safe water supplies, environmental pollution, and population study and control. Answers general inquiries, advises and consults and makes referrals to additional sources of information.

American Dietetic Association, Lulu G. Graves Memorial Library, 430 N. Michigan Ave., Chicago, IL 60611. ADULT. -- Collects material on nutrition, dietetics, diet therapy, community nutrition and food misinformation. Answers inquiries and provides reference and referral services for ADA members only. The ADA public relations staff has developed many promotional items for the national nutrition campaign, including posters with their "Nutribird" symbol, needlepoint kit, T-shirts, puppets, growth charts, and others.

American Heart Association, 44 E. 23rd St., New York, NY 10010. ADULT. -- Several free nutrition materials are available. One interesting sheet is "A Guide to the Highs and Lows of Cholesterol and Saturated Fats in Common Foods."

American Institute of Nutrition, 9650 Rockville Pike, Bethesda, MD 20014. PROFESSIONAL. -- Answers inquiries and makes referrals on matters concerning experimental and clinical nutrition. Publishes the Journal of Nutrition and, with the American Society for Clinical Nutrition, the American Journal of Clinical Nutrition.

Cereal Institute, Inc., 1111 Plaza Dr., Schaumburg, IL 60195. ADULT. -- A somewhat biased point of view is presented in "Facts About Presweetened Cereals" and why they are good for a child's breakfast.

Community Nutrition Institute, 1146 19th St., NW, Washington, DC 20036. PROFESSIONAL. -- This group publishes the CNI Weekly Report, which is an excellent source for the latest news on food and nutrition legislation.

Department of Foods and Nutrition, American Medical Association, 535 N. Dearborn St., Chicago, IL 60610. ADULT. -- Provides reference and document services and permits on-site use of its collection of books, journals, reports, films, and data. Interests include nutrition and diet, therapeutics, nutrition in medical education, and the social aspects of nutrition, food science, and food-borne illnesses. Publications list available.

Food and Agriculture Organization of the United Nations, Liaison Office for North America, 1776 F St., NW, Washington, DC 20437. ADULT. -- Replies to nontechnical inquiries, provides referrals, and permits on-site use of its collection. The collection includes information on nutrition, plants, fisheries, forestry, economics and statistics, land and water. Disseminates information on FAO activities and publications.

Food Protection and Toxicology Center, Documentation and Information Services, University of California at Davis, Davis CA 95615. ADULT. -- Collects information on environmental quality, particularly the application of chemicals in the production of raw and processed foods; natural toxicants, drugs, and their metabolites; effects of air pollution on animal and plant metabolism; food-borne diseases; and the transport of toxicants through air, water, and soil. Answers brief inquiries for free, and provides consulting, reference and related library services for a fee. In addition, they make referrals and interlibrary loans.

Institute of Food Technologists, 221 N. LaSalle St., Suite 2120, Chicago, IL 60601. PROFESSIONAL. -- Abstracts and indexes 1,500 journals in all languages dealing with food science and technology, specifically food chemistry, microbiology, nutrition, hygiene, toxicology, preservatives, additives, and various food products. These abstracts are placed on magnetic tape and are used to generate monthly author and subject indexes, world food patents, DSI services, bibliographies and book review lists. Also publishes the Journal of Food Science (bimonthly) and Food Technology (monthly).

Kansas Wheat Commission, 1021 N. Main St., Hutchinson, KS 67501. ADULT. -- Upon request, they will send one free sample copy of all materials, a price list, and order form for additional copies.

Metropolitan Life Insurance Co., Health and Welfare Division, 1 Madison Ave., New York, NY 10010. ADULT. -- Before writing to New York, try your local Metropolitan Life Insurance Co., as it may have the same several free health and nutrition materials.

National Academy of Sciences, Food and Nutrition Board 2101 Constitution Ave., NW, Washington, DC 20418. PROFESSIONAL. -- Answers inquiries from research investigators and issues technical reports concerning food and nutrition science, including protein nutrition, fats, child nutrition, and dietary allowances.

National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018. ADULT. -- The NDC is an educational-scientific institution providing many free consumer services. Most states have a local dairy council to serve your area.

National Nutrition Education Clearing House (NNECH), Society for Nutrition Education, 2140 Shattuck Ave., Suite 1110, Berkeley, CA 94704. ADULT AND PROFESSIONAL. -- Publishes several kinds of nutrition education materials: (1) selected listings of resources for teaching special topics or reaching special audiences; (2) occasional monographs; (3) nutrition information resource pamphlets for professionals and consumers. Other services provided on special contract include literature searches,

review of educational materials during preparation, surveys, and other searches. The clearinghouse is a service of the Society for Nutrition Education, a membership organization whose goal is to promote nutritional well-being for all people through education, communication, and education-related research. The Society also publishes the quarterly Journal of Nutrition Education, and the membership letter SNE Communicator, and produces educational films.

National Nutritional Consortium, Inc., 9650 Rockville Pike, Rockville, MD 20014. ADULT AND PROFESSIONAL. -- An organization of major professional societies in food, nutrition and dietetics. Provides leadership in the development and coordination of food and nutrition policies at national and local levels. Identifies and makes available nutrition expertise in the public interest; sound nutrition information is provided upon request. Member societies of the consortium include: American Dietetic Association, American Institute of Nutrition, American Society for Clinical Nutrition, Institute of Food Technologists, Society for Nutrition Education, American Academy of Pediatrics, and the Food and Nutrition Board of the National Academy of Sciences.

The Nutrition Foundation, Office of Education and Public Affairs, 888 17th St., NW, Suite 300, Washington, DC 20006. ADULT. -- Answers inquiries related to specific aspects of human nutrition and provides nontechnical publications to students, teachers, and professionals on request. Concerned primarily with nutrition research and education. Publishes Nutrition Reviews monthly, technical monographs and nontechnical booklets on specific topics. There is also a reference library of nutrition information. Publications list available.

Nutrition/Health Information Center, 666 Fifth Ave., New York, NY 10019. ADULT. -- Open by appointment to writers, broadcasters, and health educators studying nutrition and health-related subjects. Provides, on request, current scientifically accurate information on the role of nutrition in the specific areas of health and disease. Primary focus on obesity, cardiovascular disease, diabetes, liver and gall bladder disease, and similar medical problems. Telephoned and written requests for specific materials will be honored immediately. General questions requiring an information search will be answered by mail, but other questions may require a personal visit to the Center.

Nutrition Information and Resource Center, Beecher-Dock House, Pennsylvania State University, University Park, PA 16802. ADULT. -- Selects, collects, maintains, and lends resource materials for use both in training school food service personnel and by the nutrition education community. Collection includes print and nonprint materials related to food service and nutrition.

Nutrition Today Society, 703 Giddings Ave., P.O. Box 1829, Annapolis, MD 21404. ADULT. -- Publishers of the bimonthly Nutrition Today.

Pet Incorporated, Office of Consumer Affairs, 400 S. Fourth St., St. Louis, MO 63116. ADULT. -- The "Meal Planning Guide" has been very popular along with some other free nutrition materials.

Smithsonian Science Information Exchange, Inc., 1730 M St., NW, Room 300, Washington, DC 20036. PROFESSIONAL. -- Collects, stores, and disseminates information about ongoing research projects in physical and life sciences, including nutrition education research. A one-page Notice of Research Project (NRP), containing a concise description of individual projects from their beginning through publication of results, is maintained for use by scientists, research program managers, and policymakers. The Exchange's active service file, which contains information about projects initiated or completed during the past two years, includes some 40 NRP's on nutrition education. These may be obtained by requesting research information package D032 "Home Economics and Nutrition Education and Career Development" ($45).

Standard Brands, Inc., 625 Madison Ave., New York, NY 10022. ADULT. -- Ask for the free Fleischmann's Margarine Low-Sodium Diet Guide and Cookbook.

Swanson Center for Nutrition, Inc., 8401 W. Dodge Rd., Suite 126, Omaha, NE 68114. ADULT AND PROFESSIONAL. -- Supports the development of nutrition education materials for professionals, schools, and the public through consultation and limited project grants. The clinical nutrition unit, established in conjunction with the University of Nebraska Medical Center, collaborates with community outreach programs in the assessment of nutritional health status, research, and service. No fees charged. Limited project grants are available to professional organizations interested in nutrition; apply to the center.

U.S. Dept. of Agriculture. Listed below are the agencies of the U.S. Department of Agriculture which would be most useful to the researcher.

Consumer and Food Economics Institute, Agricultural Research Service, Federal Center Bldg., 6505 Belcrest Rd., Hyattsville, MD 20782. ADULT. -- Answers inquiries from communicators, researchers, and program leaders about its research and the guidance materials developed by its staff. Data from studies are made available to researchers by special arrangement. Publishes research reports, bulletins for consumers and leaders, and two periodicals: Family Economics Review and Nutrition Program News. Emphases include: nutritive composition of foods; food consumption and dietary levels of individuals, households and population groups; food preparation, preservation, and storage; food habits; guidelines for nutrition programs; consumer nutrition education; food selection guides; budgets; family consumption and expenditures; clothing budgets; child rearing costs; effective use of food and other resources.

Consumer Information, Pueblo, CO 81009. ADULT. -- Many free and inexpensive materials are available through consumer information. Send for the free catalog.

Food Safety and Quality Service, Washington, DC 20250. ADULT. -- Answers inquiries concerning inspection, grading, and standardization of meat, poultry, dairy products, and fresh and processed fruits and vegetables.

Nutrition Institute, Agricultural Research Center, Beltsville, MD 20705. ADULT. -- Answers inquiries related to human metabolism and nutrient requirements, the function of nutrients, nutrient values of foods, and experimental nutrition.

U.S. Dept. of Health and Human Services. Listed are the agencies of the Department of Health and Human Services concerned with nutrition.

Bureau of Community Health Services, Health Services Administration, Public Health Service, 5600 Fishers Lane, Rockville, MD 20857. ADULT. -- Answers inquiries, provides reference services and publishes various reports, bulletins, and reprints concerning nutrition as it relates to comprehensive health care programs. Other services include maternal, prenatal, infant, and adolescent health programs, and care for metabolic disorders.

Food and Drug Administration, Office of Consumer Inquiries, Public Health Service, 5600 Fishers Lane, Rockville, MD 20852. ADULT. -- Answers requests for specific information concerning agency functions and responds to consumer complaints. Informs public of agency consumer protection activities and services and analyzes consumer response to agency issues. Ask for the order sheet to order free brochures, publications, and other materials.

Food and Drug Administration, Office of Professional and Consumer Programs, 5600 Fishers Lane, Rockville, MD 20852. K-6. -- Ask for the free mini-lessons on nutrition from FDA, which has several lesson plan sheets on nutrition for grades K-6.

Food and Nutrition Information and Educational Materials Center, U.S. National Agricultural Library, 10301 Baltimore Blvd., Beltsville, MD 20705. ADULT. -- Collects and loans out materials that are useful in training personnel for food management of child nutrition programs, school lunch, breakfast, and non-school food service programs. Collection includes films, programmed instructional materials, audiotapes, manuals, guides, pamphlets and books related to food service training, nutrition, and nutrition education. Catalogues of materials available for loan are issued twice annually.

National Library of Medicine, 8600 Rockville Pike, Bethesda, MD 20014. PROFESSIONAL. -- Collects material exhaustively in some 40 biomedical subject areas and, to a lesser degree, in a number of related fields. Its collection of almost 1.5 million books, journals, microforms, pictorial materials, and audiovisual materials is accessible for use at the Library or available on loan to other libraries in the original or by photocopy. Through its nationwide MEDLINE network, the library makes available for search some 600,000 references to recent biomedical journal articles. Over 600 institutions in the U.S. are connected to this on-line interactive system. Films, audiotapes, and television film recordings from the distribution center are available on loan from the National Medical Audiovisual Center (Annex), Station K, Atlanta, GA 30324. The

Library's publications include Index Medicus (monthly), Cumulated Index Medicus (annually), Current Catalog, and several periodic bibliographies.

Weight Watchers International, Inc., 800 Community Dr., Manhasset, NY 11030. GENERAL. -- The Weight Watchers organization delivers information on nutrition to the public and encourages nutrition education programs.

MISCELLANEOUS RESOURCES

An Activated Approach to Nutrition. Thomas Golaszewski and Michael Affleck. (Dept. of Health, State University of New York, College at Cortland, Cortland, NY 13045) GRADES 7-12. -- The Nutrition Lab is described as a meal to which students apply sound nutrition concepts to their food choices rather than merely listening to a sterile presentation of nutrients and calories.

Citrus Fruits. (School and Institutional Marketing Dept., State of Florida, Dept. of Citrus, Lakeland, FL 33802) K-6. -- Several colorful and free posters advertising vitamin "C" from citrus fruits.

Composition of Foods. Bernice Watt and Annabel Merrill, 1977. (U.S. Dept. of Agriculture, Supt. of Documents, U.S. Government Printing Office, Washington, DC 20402) ADULT. -- Book of tables listing nutritive values of 2,500 different food items.

Composition of Foods: Dairy and Egg Products. (Supt. of Documents, U.S. Government Printing Office, Washington, DC 20402) ADULT. -- The tables in this booklet give the nutrient data for raw, processed, and prepared dairy and egg products.

Conserving the Nutritive Values in Food. (U.S. Dept. of Agriculture, Supt. of Documents, U.S. Government Printing Office, Washington, DC 20402) ADULT. -- A bulletin that calls attention to some of the important nutrients in foods that are affected by different practices of handling and preparation. It suggests ways in which these nutrients can best be conserved in the home.

Contemporary Nutrition. (General Mills, Inc., P.O. Box 1113, Minneapolis, MN 55440) ADULT. -- A publication that examines a different nutrition topic each month. Many articles are written by medical doctors, dieticians, and other science professionals. General Mills also carries a catalog of many nutrition materials.

Convenience Foods and Home-Prepared Foods: Comparative Costs, Yield and Quality. Larry Traub and Dianne Odland, 1979. (National Economics Division, U.S. Dept. of Agriculture, Washington, DC 20250) ADULT. -- Report on the costs of convenience, fresh, and home-prepared foods.

Curriculum Guide for Health Education: Nutrition. (National Catholic Educational Association, One Dupont Circle, Suite 350, Washington, DC 20036) GRADES 7-12. -- A curriculum guide, complete with built-in modules for teaching nutrition to grades 7-12.

Dietary Goals for the United States. (Supt. of Documents, U.S. Government Printing Office, Washington, DC 20402) ADULT. -- The Select Committee on Nutrition and Human Needs of the U.S. Senate has set dietary goals for the United States, which are reported here.

Do You Have Any Lemons? Sally Wolfe. (Bowling Green State University, 200 Memorial Hall, Bowling Green, OH 43402) ADULT. -- This is a game approach to teaching nutrition by helping students recognize different foods from the four food groups and have fun at the same time.

Educational Publications and Audio-Visual Aids. (National Livestock and Meat Board, 36 Wabash Ave., Chicago, Il 60603) ADULT. -- A complete catalog of meat information that has details on teaching kits, recipes, charts, merchandising ideas, and audiovisual materials on the meat industry and its products.

Food. (U.S. Dept. of Agriculture, Human Nutrition Center, Washington, DC 20250) ADULT. -- A colorful and practical guide to nutrition. Contains information on breakfasts, calorie counting, and basic food groups; also 60 nutritious recipes.

Food and Nutrition. (Distribution and Sales Section, FAO Via Della di Caracella, 00100 Rome, Italy) ADULT. -- A biannual review, published in Italian, English, French, and Spanish, devoted to world developments in food policy and nutrition.

Food and Nutrition. (Food and Nutrition Service, U.S. Dept. of Agriculture, Washington, DC 20250) ADULT. -- Published six times a year and presents everyday problems in food and nutrition.

Food and Nutrition News. (National Livestock and Meat Board, 444 N. Michigan Ave., Chicago, IL 60611) ADULT. -- Published five times a year, this nutrition newsletter is provided for nutrition, home economics, and related health professionals who send a written request for it.

Food Service Programs for Children: An Annotated Bibliography. 1975. (National Agricultural Library, U.S. Dept. of Agriculture, Beltsville, MD 20705) ADULT. -- The complete study on school lunch programs. One should ask for a recent copy.

Fruits and Vegetable Facts and Pointers. (United Fresh Fruit and Vegetable Association, 1019 19th St., NW, Washington, DC 20036) ADULT. -- This is a series of reports on each of 78 commodities from the fruit and vegetable group.

The Health Letter. (Communications, Inc., P.O. Box 326, San Antonio, TX 78292) ADULT. -- The Health Letter is published twice a month and deals with current nutrition problems.

How the Shrewdest Shoppers Buy and Use Meat, Dairy Products, and Eggs. (Ralston Purina Co., Checkerboard Sq., Dept. 209, St. Louis, MO 63188) ADULT. -- The wealth of money-saving ideas in this booklet should make anyone an alert, shrewd buyer.

Index of Nutrition Education Materials. (The Nutrition Foundation, 888 17th St., NW, Washington, DC 20006) ADULT. -- This recently updated, expanded aid to nutrition educators and other professionals lists more than 2,000 booklets, pamphlets, and audiovisual aids available from more than 400 governmental agencies, professional societies, trade associations, and health and educational organizations and foundations.

Journal of Home Economics. (American Home Economics Association, 2010 Massachusetts Ave., NW, Washington, DC 20036) ADULT. -- This periodical is a refereed professional journal published four times a year. It is intended for homemakers, but includes items for the whole family.

The Journal of Nutrition. (Subscription Dept., 9650 Rockville Pike, Bethesda, MD 20014) ADVANCED. -- A monthly journal containing mostly technical articles and studies in nutrition.

Living--Without Milk. Jacqueline Hostage, 1979. (Betterway Publications, White Hall, VA 22987) ADULT. -- A cookbook for those millions who are allergic to milk.

Mr. Peanut's Guide to Nutrition. (Standard Brands Educational Service, P.O. Box 2695, Grand Central Station, New York, NY 10017) K-2. -- Basic understanding of dietary needs, plus recipes and workbook games. Free for the asking.

Nutrition Abstracts and Reviews. (Central Sales, Commonwealth Agricultural Bureaux, Farnham House, Farnham Royal, Slough SL23BN, U.K.) ADVANCED AND PROFESSIONAL. -- A monthly journal prepared by the Bureaux that concentrates on technical nutrition information.

Nutrition Action Magazine. (Center for Science in the Public Interest Reports, 1755 S St., NW, Washington, DC 20009) ADULT. -- Published monthly and deals with the latest uncensored pro-consumer news in nutrition related areas. CSPI also has a catalog of publications.

Nutrition Canada. (Information Canada, Ottawa, Canada) ADULT. -- The Canadian Council on Nutrition conducted a comprehensive nutrition survey in order to inform the public, the health professional community, and industry. They also have the survey information divided by provinces and printed in separate books.

Nutrition Education K-6. 1978. (Office of Public Instruction, Division of School Food Service, State Capitol, Helena, MT 59601) K-6. -- The curriculum guide is designed for Montana's elementary teachers who desire to include nutrition education in other subject areas or as a unit by itself. The "Learning Experiences" are listed by grade levels, concepts, and behavioral objectives with teaching aids.

Nutritional Educational Materials. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) ADULT. -- A complete catalog of nutrition education materials and programs for all grade levels.

Nutrition for Athletes: A Handbook for Coaches. (AAHPERD, 1900 Association Dr., Reston, VA 22091) ADULT. -- This handbook was written for athletic coaches, physical educators, and athletes to provide basic nutritional information in the field of athletics.

Nutrition in a Changing World. (The Nutrition Foundation, Inc., Office of Education and Public Affairs, 888 17th St., NW, Washington, DC 20006) PRESCHOOL AND K-6. -- A comprehensive nutrition education curriculum, divided into three levels.

Nutrition Labeling: How It Can Work For You. (The National Nutrition Consortium, Inc., 9650 Rockville Pike, Bethesda, MD 20014) ADULT. -- Excellent interpretation of the U.S. Recommended Daily Allowances (USRDA) and other nutrition labeling information.

Nutrition Planning. (Nutrition Planning, P.O. Box 8080, Ann Arbor, MI 48107) PROFESSIONAL. -- A quarterly for professionals around the world, who are attempting to understand and improve human nutrition.

Nutrition Reports International. (Geron-X, Inc., Publishers, Box 1108, Los Altos, CA 94022) ADVANCED. -- Journal published monthly, which presents concise reports of original research in the area of clinical and experimental nutrition.

Nutrition Research Alternatives. (Office of Technology Assessment, Washington, DC 20510) ADULT. -- This analyzes nutrition research alternatives--alternative goals and priorities, alternative definitions and funding, and alternative research personnel requirements.

Nutrition Reviews. (The Nutrition Foundation, Inc., 888 17th St., NW, Washington, DC 20006) PROFESSIONAL. -- One of the outstanding nutrition journals reporting research-oriented articles.

Nutrition Source Book. (National Dairy Council, 6300 N. River Rd., Rosemont, IL 60018) ADULT. -- A guide for understanding basic nutrition; contains lists of resources.

Olympic Athletes Ask Questions About Exercise and Nutrition. Ellington Darden, 1977. (Anna Publishing, Inc., 500 St. Andrews Blvd., Winter Park, FL 32792) ADULT. -- The nutritional needs of athletes are answered in a question and answer booklet. Athletes from all over the world discuss myths, fads, and superstitions about training and nutrition.

A Primer on Infant Nutrition. (Mead Johnson and Co., Evansville, IN 47721) ADULT. -- A fifteen-page explanation of an infant's nutritional needs throughout the first year, with emphasis on choosing between breast or bottle feeding.

Proceedings of the Nutrition Society. (Cambridge University Press, 32 E. 57th St., New York, NY 10022) PROFESSIONAL. -- Journal for professionals in the fields of nutrition.

Public Affairs Alerts. (National Nutrition Consortium, 1635 P St., NW, Washington, DC 20036) ADULT. -- Fifteen to twenty alerts per year are published, as well as two-page summaries of recent legislation, Federal reports, proposed regulations, and similar documents.

The Runner's Diet. (Runner's World Magazine, P.O. Box 366, Mountian View, CA 94040) ADULT. -- A collection of articles by researchers and runners aimed at dietary control and improvement of performance.

Slim Goodbody. (John Burstein, 105 Fifth Ave., New York, NY 10003) K-6. -- Slim Goodbody, dressed in leotards showing the body's organs, muscles, and bones, captures his audiences' attention and teaches them about the workings of different parts of their bodies as well as basic health concepts. Slim Goodbody can be seen on the Captain Kangaroo Show (CBS) every week.

The Sugar Primer. Beatrice Hunter. (Garden Way Publishing, Dept. 171Y, Charlotte, VT 05445) ADULT. -- This booklet is about sugar and its dangers. It is easy to read and understand.

Sweeteners: Issues and Uncertainties. (National Academy of Sciences, 2101 Constitution Ave., NW, Washington, DC 20418) ADULT. -- More than fifty individuals representing public interest groups, private industry, government, and the scientific community discuss sweeteners.

Today's Food and Additives. (Today's Food and Additives, P.O. Box 6095, Kankakee, IL 60901) ADULT. -- Gives the history, function, need, and future of additives in food. It also covers the benefits, testing, and Federal regulations of additives.

Versatile Vegetables. (Consumer Affairs and Services Dept., Green Giant Co., LeSueur, MN 56058) K-12. -- Several different and interesting, colorful posters on vegetables. The posters are free and may be used for lessons, accompanied with games and recipes.